

J. G. G.

ESSAYS ON THE *Preservation & Recovery* OF HEALTH:

In Two Parts.

Wherein the late *Wines* are suspected and censured :
Malt-Drink, Hopps, Cyder, Artificial Wines, Coffee,
Tea, &c, as also, Drinking of *Water,* and the
Varieties of Elaborate Compositions in *Eating,*
impartially examin'd : The *Hot* and *Cold Baths*
with their Benefits and Inconveniences, enquir'd
into : The more general Alterations in the Ani-
mal Fluids, whether Acute or Chronical, briefly
handled : The Principal Intentions of *Physick,* with
necessary Cautions relating to Practice, fairly
stated : And that Noble Science rescu'd from the
most audacious Empirical Intruders.

ἸΑΤΡΙΚΗ τέχνηων μὴ πασέων ἐσὶν ἐπιφανέσθην : Διὰ ὃ ἅμα
δίλω ὅτι τὰ χρεωμάτων αὐτῇ, καὶ ὅτι εἰκὴ τὰς τοιούδας χερσὶν-
ῶν, πολὺ τὸ πασέων ἔδῃ ὅτι τέχνηων ἀπολείπεται. Hippocr.

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Head, and Henry Bonwick at the Red Lyon in St. Paul's
Church-Yard. MDCCIV.

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To the Honourable
George Verney, D. D.
Prebendary of *Windsor*,
A N D
Chaplain in Ordinary
T O H E R
M A J E S T Y:

S I R,
WHen I had crowded these
loose Notions into as nar-
row a Compass as the Design wou'd
admit, I really thought to have let
'em run the Gantlet alone ; and
been no otherwise affected with their
Fate, than by observing it behind

Epistle Dedicatory.

the Curtain. But the Favourable Reception they have met with from some of the greatest Eminence in Physick, who were pleas'd to Honour 'em with a Perusal, having alter'd those first Intentions ; they now humbly crave your Acceptance and Patronage : To which I am both encourag'd by the most confirm'd Experience of your extraordinary Candor, and prompted by an insuperable aversion to Ingratitude (Having always esteem'd it the greatest instance of Degeneracy in Humane Nature) ; tho' the least Reflection on my self cannot but afford Discouragement enough. I dare not attempt to pay so much as a Reasonable

Epistle Dedicatory.

sonable Tribute to your Excellent Temper and Vertues, or take notice of 'em as a Foundation to the future Hopes of those that know You; since 'tis the only certain way to incur your Displeasure: Yet will be bold to affirm, That there's no Man who does not think himself happy in your Friendship. To that, in a great measure, I owe both the First Beginning and Successive Improvements of the small Interest I can pretend to in these Parts. But whilst I am expressing my Inclinations to be Just and Grateful, I am so far from fancying the least Degree of Compensation, that I readily acknowledg

Epistle Dedicatory.

*the Debt enhanced; and, in the
midst of my Devoirs, meet with
further Reason to profess my
self,*

Honoured Sir,

Your ever Oblig'd and most

Humble Servant,

Tho. Curteis.

*Sevenoke, in Kent,
Nov. 10. 1703.*

TO

T O T H E

READER.

IN most other allowable Diversions every Man usually acts as αὐτόματῶς; without thinking himself oblig'd to give any account of his Motives or Ends. But in this, 'tis otherwise: Long Custom having made it a kind of Debt to the Critical World. Know therefore That the Principal Inducements to these Scriblings were, 1. To enforce, against the strong Current of a dissolute Age, the real Worth and undeniable Benefits of Universal Temperance (more particularly in respect of the late Sophisticated Wines); together with some coincident Directions for the Preservation of Health. 2. To express a

The Preface.

just Concern at the many notorious Shams and destructive Fallacies, continually multiply'd like Hydra's Heads, and audaciously obtruded on Those of the least discerning Judgment, under the Colour of so useful a Science as Physick. 3. To offer on its Behalf some kind of Apologetic Defence against these grand Abuses, or at best empty Pretensions: intimating the Perspicuity, Reasonableness, and, almost general, Certainty of its Principles, Methods and Events. 4. To detect those equally dangerous Extrems of such as, either thro' an exorbitant Notion of Fatality neglect, or over-tampering Curiosity abuse, both It and Themselves. As to the Invective Part: 'Tis no more than what the Author would have thought highly reasonable if he had been in no wise interess'd in the Faculty; and wishes he could not back it with particular Instances. The whole

The Preface.

whole being sincerely design'd for general Benefit needs no Excuse for its appearing in a Language generally known : which otherwise, if more restrictively intended, he shou'd not have chosen. And if it may but effectually recommend to some, the real Advantage and amiableness of a Regular Temperate Life ; as also in any measure contribute to the Removal of those pernicious Encroachments which have been unhappily made on the Province of Physick ; he will have gain'd his Ends, and shall very easily despise all the little Censures which he may have hereby drawn upon Himself.

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AN

AN ESSAY ON THE

Preservation of Health, &c.

PART I.

I. **H**EALTH, the most valuable
of Temporal Blessings, was
anciently defin'd by Galen,

* *Διάθεσις καὶ φύσις ἐνεργέας πολιμένη*:

and by Sennertus afterwards,

† *Actiones secundum Naturam
exercendi Potentia; a Partium
naturali Constitutione proveniens.*

* De Diff.
Sympt.

cap. i.

† Tom. i.

par. 2. de

Institut.

Med. l. i.

cap. iii.

But the Design of this *Essay* being
only to offer, with the utmost Brevi-
ty imaginable, some free Thoughts

B

tend-

tending to the Conservation and Improvement of that desirable Frame, together with a few necessary Cautions and general Directions for the Recovery of it when impair'd, as they shall readily occur, without confinement to Order or Method; will not admit of descanting on these, or any other Definitions educible from the Works of more Modern Authors: And much less to attempt any thing like a Systeme either in Theory or Practice; if I could have the vanity to think my self capable of such a Task. However, if I might take the Liberty of Defining a State of *Health*, it should be thus, *viz.*

A due Symmetry, Temperament, and regular impulsive Energy, of the Blood, Spirits, and their subservient Fluids; actuating and enabling all the Parts of our Bodies to an uninterrupted Discharge of their respective Functions.

II. When

II. When we consider the admirable Structure, Connexion, mutual Dependence, Sympathy, and joyn't Contribution of the solid constituent Parts in our Microcosm, to those common Ends of Nature, Digestion, Nutrition, Accretion, Secretion, Motion, Ratiocination, &c. together with the exact Mixture, Æquilibrium, and happy concurrence of those many contrary Parts of the Blood and other various Fluids (whether the more gross, and heavy, or finer Particles of aerial Matter, the Spirits) to cherish, move and actuate those, otherwise useless Organs: It readily suggests that the Wisdom and Power of the supreme Architect are no less conspicuous in our Preservation, than Formation; and may rather incline us to think it strange that a due Rectitude and Harmony should be continued thro' any considerable tract of

B 2

Time,

Time, among the differing Ingredients of so inexpressibly curious a *Compositum*; than that Age, Intemperance, alterations of the ambient Air, or other innumerable Accidents, should cause either sensible Decays or frequent Disorders, tending to its Dissolution.

III. 'Tis generally allow'd that the solid Parts receive their immediate Nourishment from the Mass of Blood: Either primarily, by a continual repletion of all the Vessels, whether Veins, Arteries, Nerves or Fibres, with their respective Fluids, consisting of spirituous and nutritious Particles; Or secondarily, by the apposition of some new adequate Matter, curiously extravasated thro' the thin porous Coat of the Capillary Arteries in the Glands of the respective Parts; the superfluity whereof is always re-
forb'd

forb'd by the Veins. And that not so much as the Bones are exempted from this general Rule ; but derive their nourishment from the Blood-Vessels dispers'd thro' 'em, rather than from the Marrow they contain. We must therefore readily infer That the great defect of Nutrition and wasting of the Muscular Parts which is obvious in slow Scorbutic and Hectic Fevers, Cachexies, Surfeits, &c. proceeds from a Depravation of the Blood and its depending Juices ; when, by some external Cause or Heterogeneous Mixture, 'tis unhappily alter'd, and recedes from its natural State ; losing the firm Texture and Symmetry of its Parts, and becoming less apt for the necessary instauration of Animal Spirits.

IV. As the Blood, whilst of a due Consistence and laudable Tempera-

ment, is the only adequate *Pabulum* for that *Ἐμφυτον Πῦρ*, or ingenite Fire, by a *Metonymy* commonly call'd Life, and always esteem'd by the Learned part of Mankind as the Original Source or Spring of all Vital and Animal Functions ; being admirably suited, thro' the exact Ballance and Energetic activity of its opposite Volatile Salts, to the keeping up of that even natural Fermentation, which, like Oyl to the Lamp, continually feeds the gentle Vivacious Flame : So this Crimson nutritious Liquor it self stands in the same need of a continued refection from the purest parts of Chyle, first prepar'd in the Stomach, then defecated by a new Fermentation, afterwards most exquisitely strein'd and pour'd into the common Mass, and lastly by repeated Circulation chang'd into its own rich Colour and Substance.

V. For the better continuance of such reciprocal Benefits and friendly Communications, on which the well-being of the whole animated Fabric essentially depends, we must have recourse to the establish'd Doctrines of *Non-naturals* ; as highly conducive to those desirable Ends, and to which a due Deference ought always to be paid ; viz. 1. *Air* ; 2. *Meat and Drink* ; 3. *Motion and Ease* ; 4. *Sleep and Watchfulness* ; 5. *Excretion and Retention* ; 6. *The Passions of the Mind*. In all these respects its so absolutely necessary to observe those excellent Laws of Caution, Temperance and Mediocrity which provident Nature has enacted for the orderly support of her own incomparable Government ; that an Excess in any one, if persisted in, and not timely rectified, never fails of its condign Punishment ; but tends to a subversion of the

whole Polity ; or at least causes it to labour under the heavy Burthen of a general Disorder. Each of these we must therefore make a little distinct inquiry into. And first of *Air*.

VI. That innate Fire, or first Principle of Life, before hinted at, not only displays it self upon the whole Mass of Blood for its continual Relief ; but equally requires as constant Refreshment from the free influx of a salubrious *Air* : By the Depravation whereof 'tis always manifestly impair'd, and by the Deprivation inevitably extinguish'd. Those well-known Experiments made in *Vacuo* upon various Animals, expiring immediately, or at least very soon, after the Air was pump't away, prove it beyond Contradiction to be the Essential *Medium* of Life. 'Tis also undeniably evident from the most
curious

curious Enquiries, both Anatomic and Philosophic, That the Blood in its Circular Motion rushing into the right Auricle and Ventricle of the Heart, either by the
* Effervescence and Rarefaction which it acquires, or by its Quantity and the Expansive Motion of its Vital Spirits, excites a very troublesome Extension of the Membranes ; till those strong Muscular Fibres contracting themselves, forcibly thrust it by the Pulmonic Arterie into the Lungs : where being further rarefy'd, volatilis'd and freed from its noxious Steams by the necessary communication of Air, it swiftly passes, by the Pulmonary Vein, into the left Auricle and Ventricle ; and thence is strongly

* *Huic Opusculo
sarcinam prorsus in-
ferre videar, si dis-
crepanciam inter A-
rist. Galen. Cartes.
Harv. Ent. Villis.
Sylv. Boyl. Needh.
Lower. Ettm. Char-
letonum, &c. quoad
Sanguinis sive accen-
sionem, sive rarescen-
tiam, sive saltem com-
pressionem & vim Spi-
ritum expansivam, in
ipsius Cordis Ventri-
culis ; subnecterem.*

strongly expell'd into the Arteries.

† *Non me latet nupera Hypotheseos veteris contra Circulationem Propugnatio; parum aut nihil Argumenti præbens.*

for a continued Circulation †. Nor is it

less certain that the Air has other ways of im-

parting its Benefits to

the Mass of Blood ; if we consider those numerous Pores in the Surface of our Bodies which are so well adapted for its easy admission ; together with the large Quantity receiv'd into the Stomach, promoting its Fermentation, and afterwards friend-

ly uniting with the Chyle*. If therefore

the Eucrasie and regular Distribution of the

Blood and Spirits depends so immediately upon the constant influence of Air ; Reason will suggest, that it ought to be the most pure, sweet, penetrating, and free from any thick obstructing Vapours, or other noxi-

ous

* Needh. *Disquis. Anat. de Biolychnio & Aeris ingressu.* p. 143, 144.

ous Qualities: And Experience abundantly shews that according to the Degrees of its impurity or unsuitableness, the Blood is usually affected with proportionable Alterations.

VII. That which renders the Atmosphere, or ambient Air, so highly conducive to the Preservation of Life both in the Rational and Sensitive Creatures, as also to the Vegetable World, is the refreshing Volatile Nitre, or Nitrous Spirit wherewith it abounds; together with the further Depuration and Rarefaction which it receives from the benign influence of the Celestial Bodies: Without which concurring Benefits it would be no better than a lifeless and unactive *Medium*, and altogether unsuited to the noble Ends for which it was design'd. But being thus happily impregnated or acuated by such enlivening Principles,

ciples, it continually sends forth the most agreeable Recruits to the exhausted Spirits both of Animals and Plants ; and thereby gives, after a sort, new Life to the World. As the Spirits in Humane Bodies do infinitely surpass all the other, both in Dignity and the fineness of their Contexture ; so they have proportionable need of uninterrupted influences from the purest parts of such wholesome and well-temper'd *Æther*, to ballance those sulphureous *Effluvia*, which are continually excited, and would otherwise endanger their Suffocation. So far therefore as it suffers a Diminution or Depravation of these friendly Nitrous Particles, its Elastic Virtue is impair'd, and it becomes less serviceable to such enlivening or consolatory Uses. And this most commonly happens, either for want of its customary Purgation by Thunder, Lightning,

Lightning, Winds, Frosts, &c. Or when the Calorific Atoms are too powerful and excessive ; as is usual towards the Declension of Summer : Or from gross and stinking Exhalations, arising from the rich and overmoist Surface of the Earth ; as in low Fenny Countries : Or from a gradual accumulation of malignant and poysonous *Miasmata* ; as in those Climes or particular Places where Epidemic or Endemic Distempers reign. The great advantages accruing to the Mass of Blood by the Rarefaction which it receives from the ambient Air, where 'tis most pure and unalter'd, are evident in *Asthmatic* Constitutions ; whether of the Humorose kind, or the Dry and Convulsive. To remove from a more gross and heavy to a thin and penetrating Air, usually proves a great Relief in both : By relaxing that Constriction in the Vessels

ficles of the Lungs which is the general immediate Cause ; and dissolving the Concretions in the Blood, together with the Tartareous viscosity of the *Lympha* that moistens the Lungs, or else attemperating its acrimony ; which are the more particular Causes of the former : As also freeing the Spirits from any pungent Matter or offensive Steams that irritate the Nervous Fibres, either in the Organs of Respiration and their subservient Muscles, or such adjacent Parts as usually draw them into consent ; which gives Rise to the latter. Indeed in some Degrees of a confirm'd *Phthisis*, when the degenerated Blood and *Lympha* by their fretting sharpness have made fatal Breaches on the thin Membranes of the Lungs, the brisk Nitrous Salt of the most pure and wholesome Air may be too searching for such shatter'd

ter'd Constitutions ; and instead of the Benefits which it affords to others, give a greater agitation and inquietude to the vitiated Salts of the Blood ; thereby hast'ning the Tragical Period faster than what is more thick and blunted by smooth, clammy or Sulphureous Exhalations.

VIII. The next most probable Expedient, and indispensable Help, to preserve the genuine Richness and Temperament of that noble Fluid, the Blood, so highly nourishing and absolutely necessary to the support of our Animal Frame ; is a seasonable and well-adjusted Supply of convenient Materials for the constant Recruits of *Chyle*. Herein 'tis more particularly requisite to make choice of those Aliments which are esteem'd *εὐπερίη* and *εὐχυσία*, i. e. easiest of Digestion and affording the most commendable Juice ; And

And instead of giving the Reins to a voracious or over-curious Appetite, to have always a due regard both to the most seasonable Times and the Quantity as well as Quality of what we take for Nourishment, whether Liquid or Solid. In this behalf some of the most Learned Authors have laid down many excellent Rules, too tedious to be crowded within the narrow Limits of this Discourse ; and which are already much more generally known than observ'd. To be very cautious at all times of a through Indulgence to our Appetites, or after inadvertency to use proportionable Abstinence, must be acknowledg'd the most probable way of anticipating Crudities and an imperfect Digestion : But 'tis no less probable that so strict a Rule of Temperance will sound harsh to such as have no better Relish of Life than in gratifying the Exterior Senses. Not that these, or any other Hints of this nature,

nature, are equally necessary for those who have the Happiness of enjoying the strongest Constitutions ; and whose confirm'd Experience, if they are not partial in their Remarks, may warrant a Latitude that would be dangerous for others to assume. Here I might have touch'd, at least, upon the Drinking part of our Diet ; wherein too many have more especially need of Caution : And in particular might have shewn the great Importance of being curious in the choice of Water ; as having, next to the external Air which we continually draw in, the greatest influence on our Blood, either to an healthful or insalubrious State. But designing elsewhere to enlarge on this Topic, I wave it at present.

IX. *Motion*, with its Contrary, is next to be consider'd. Not in a General

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neral or Metaphysical Sense ; as defin'd by *Aristotle, Epicurus, &c* : But more restrictively, as Animal and Voluntary. And, consonant to the Old Maxim, *Omnis Calor ex Motu---*, it must be allow'd, That moderate Exercise enlivens the Spirits ; accelerates their Distribution ; preserves and encreases the Native Heat ; facilitates Digestion ; promotes a brisk Circulation of the Blood, richly laden with *Chyle*, to visit and comfort every Part with its necessary supplies, as also a free Transpiration of those Salino-sulphureous Steams, or Vaporous *Effluvia*, which are burthenfome to the Spirits ; renders the Muscular Parts more firm and robust ; the whole Body less receptive of external Injuries, and much fitter for the discharge of all its Actions. The want hereof, *viz.* a sedentary and unactive Life, brings in a whole
Chain

Chain of inconveniencies ; impairs the Native Heat ; clogs the Spirits, and retards their Distribution ; increases Excrementitious Humors ; and either lays the Foundation for many Chronical Distempers, or at least induces a tender and weakly Constitution. This Antidote is most seasonable before Meals, especially Dinner ; that the Stomach, having finish'd its former Digestion, may the more easily throw off any useless Recrements, and be better fitted for a new Discharge of its Office. Immediately after plentiful Eating, any other Exercise more than to walk gently, excites troublesome Flushings, is injurious to the Head, dulling to the rational Faculties, and inimical to Digestion. But tho' moderate Exercise is so highly useful and beneficial, its Excesses are no less dangerous : Which often dissipate the Spirits, weaken the Nervous Systeme,

break some of the smaller Blood-Vessels, and cause fatal Surfeits, Pleurifies, Rheumatisms, &c.

X. The Necessity and Benefits of those constant Alternations of *Sleep* and *Watchfulness* are so generally known, that it seems a needless Task to explain 'em. That the Animal Spirits, being tir'd out with the Toil Motion or Thoughtfulness of the Day, require such an orderly Retreat from the exterior Organs, as also in a great measure from the Exercise of the interior Senses, for their own necessary Refreshment, instauration, future Serviceableness, furtherance of Digestion, and repairing of the Radical Moisture ; and that afterwards, being rouz'd up, they return to their former Offices more vegeté and active, nimbly dispersing the Native Heat to all the extreme Parts ; promoting
the

the Distribution of Nourishment, and Evacuation of whatsoever is useless, clogging and excrementitious, by the respective Glands ; both Reason and Experience do strongly convince. But when either of these alternate Benefits does much exceed the just Bounds, they cease to be so ; and the ensuing Mischiefs are not small : according to that of *Hippocr.* *Sect. 2. Aph. 3.* ὕπνῳ, ἀγρυπνίῃ, ἀμφοτέρω τῷ μέτρίῳ μάλλον χροῖμα, κακόν. Excess of the former, hinders the various Evacuations, detaining the Excrements too long ; breeds crude and viscous Humors ; dulls the Head ; and renders the Habit of the Body pale and bloted, by Reason of the slow Distribution of Spirits : Of the latter ; impairs the Strength ; preys upon the Radical Moisture ; Dries the Brain ; breaks the contexture of the Spirits ; encreases, acuates and in-

flames the Bile, thereby inducing a Feverish intemperature on the Blood; and more especially if joyn'd with Thoughtfulness and hard Study. All which, together with the acrimony of the Wine, or other spirituous Liquors, are sufficient to account for those hasty Decays which happen in many of the strongest Constitutions, when fallen into an Habit of hard Drinking, and at the most unseasonable Hours.

XI. The *Excreta* and *Retenta*, whilst timely and in due Proportion, according to the wholesome Laws of Nature, do not a little conduce to an Healthful State: as, on the contrary, a failure in either Respect very sensibly tends to its Detriment. For, as the Blood and solid Parts need constant Supplies of Aliment from what is receiv'd into the Stomach; and that generally affords some Heterogeneous

geneous and feculent Parts, altogether unapt for Nutrition : if these are timely separated and excluded, and the other retain'd and distributed, the Mechanism of Nature goes on successfully. But when Nutritious Humors are by any Accident immoderately run off, the Spirits must of necessity become languid and prostrate ; Or Excrementitious too long retain'd, they must be very much straitned, oppress'd, or, after a sort, impoyson'd. The Particulars enumerated by Authors under this *Classis*, are the *Fæces Alvinæ*, *Urine*, *Sweat*, *insensible Transpiration*, *Catamenia*, *Veneri*, &c. Each of which would afford sufficient Room to expatiate upon ; if the promis'd Brevity did not forbid it.

XII. The Government of the *Passions* is, doubtless, one of the best Ingredients

gredients to an Healthy, as well as an happy Life: Which, being unwarily let loose, are of great Force to shake the whole Oeconomy of the Spirits; proving often Harbingers to many afflicting Maladies, and sometimes to Death it self. *Joy*, the most charming of 'em, if not excessive, invigorates the Blood, and nimbly sending it to the farthest Circumference, nourishes the fleshy Parts and mends the Complexion: But if too sudden and accumulated, 'tis so far from enlivening that it rather suffocates the Spirits, for want of their necessary Expansion; induces very dangerous *Syncope's*; and sometimes at one surprizing Blast quite puffs out the feeble Lamp of Life. *Grief*, the Reverse of this pleasing Passion, debilitates the Native Heat; preys upon the Radical Moisture; sours the Nutritious Juices; withers and makes
pale

pale the Countenance ; slackens the Pulse ; straitens Respiration, and often kindles a slow wasting Fever in the Blood and Spirits, for want of their customary Ventilation. *Fear*, if very great and surprizing, is at least as dangerous as the highest Transports of Joy. Hereby the Blood often undergoes some Degree of Coagulation ; the Spirits become, as it were, fix'd and useless for a Time ; ushering in a whole Train of other dreadful Symptoms, *viz.* Suffocating Compressions in the Ventricles of the Heart ; very painful Contorsions in the *Abdomen*, especially that *Plexus* of Nerves in the *Mesentery* ; a contracted slow languid or scarce perceptible Pulse ; universal Tremblings and great Confusion both of the exterior and interior Senses. And tho' the stifled Spirits do most times rally again with good success, and seem to

to triumph over these complicated Mischiefs ; yet the Blood and other Nutritious Juices, having acquir'd a greater degree of sharpness and austerity, seldom fail of leaving some habitual *Stigmata* or impressions of the Detriment ; as deep Sighs, frequent Tremblings, Palpitation of the Heart, or that troublesome *adisthesis* of the Spirits which we call *Vapours*. And Lastly *Anger*, if it exceeds the Bounds of Moderation, is not without its mischievous Effects : For by violently agitating the Spirits it gives an acrimony to the *Bile*, inflames the Blood like a feverish Ferment, and too often usurps the Empire of Reason. In cold Constitutions it might sometimes be advantageous, to rouse up the Spirits and accelerate their Distribution : But the hot and Bilious, to whom 'tis more especially hurtful, are chiefly, if not only prone to this Exorbitance.

XIII. As

XIII. As to the other *Passions* of *Love, Hope, Desire, Envy, &c.* when unwarily set at Liberty, they are apt to make very disorderly Excursions, and usually affect the Spirits with proportionable Injuries : Therefore ought to be very carefully regulated and kept under the same strictness of Discipline with the former ; as we value the great Happiness of a laudable Temperature both of Body and Mind. But I wave descending farther to Particulars : My Design being chiefly to enlarge on the *Diaetetic* part of the *Non-naturals* ; and especially *Drinking* : Wherein the greatest Excess, Irregularities, Abuses and destructive Practices, are most commonly obvious.

XIV. That Nature, taken in the more restrictive Sense as Humane, and consider'd as pure and undebauch'd,

bauch'd, can most happily content it self with a very few of those infinite Productions of the Divine Bounty and Providence, in upholding the admirable Mechanism of Life ; is generally acknowledg'd : And that the more simple and unmix'd Aliments, being easily converted into an agreeable Chyle, are best suited to the repairing or instauration of what is daily wasted from that rich, smooth, and, as it were, Balsamic Fluid which we call Blood ; and preserving the due Contexture of its most curious globular Parts ; whereon every Circumstance of that happy Frame and inestimable Jewel commonly term'd Health, does so necessarily depend ; cannot with the least colour of Reason be deny'd. 'Twill then most readily follow, That the Delicacy of Eating, which not a few value themselves upon, has nothing
of

of real Worth to recommend it to such as are of unbiass'd Judgments and impartial in their Remarks: And That the great variety of elaborate Compositions, so much in vogue with those of the highest Accomplishments, that they can scarce relish any thing but what is *A-la-mode* (whether deriv'd to us from neighbouring Courts, as a part of the Vices we so greedily imbibe, or of more Domestic Invention) tho' the Ingredients are many times no less differing than Fire and Water ; are only calculated for the Meridian of *Epicurism*, and at best superfluous, or rather destructive of those Ends to which they are imaginarily adapted. For, 'tis scarce reasonable to expect that there should be as amicable an agreement of so many contrary Parts, either in that first Eliquation in the Stomach, or the subsequent Depuration and intermixing

termixing with the Blood, as when we choose to take up with one single Dish of the most plain and easy preparation ; or two at the most, between which there is the nearest affinity. And perhaps 'twould be very far from any Disadvantage if Men were as complaisant to their Stomachs as they usually are to their Palates, when they scruple the mixing of diverse contrary Things on the same Plate.

XV. Nor is it sufficient to make our choice of the most simple kinds of Diet, rejecting in a great measure the high Flights and exquisite improvements of Art ; unless we are also cautious of those lesser and more common Extreame, too often unsuspected, or at least unnecessarily obtruded. Some of which, tho' backt with plausible Pretensions, when
drawn

drawn into an Habit, are very often accompanied with great inconveniencies. Such as a customary use of the more warming kinds of Spices, Stomachic Confections, Cordial Waters, or other imaginary Helps to Digestion : Together with such Things as are design'd for a Spur to the Appetite ; *viz.* Meats very highly season'd, being robb'd of their sweet genuine and most nourishing Juice ; or those that are not only Salt, but dry'd in the Smoke, and impregnated with the acid Spirit both of the Salt and Soot ; Anchovies, or any other sorts of high Pickles ; too liberal use of Salt, Vinegar, &c. The former by over-height'ning destroy the Native Heat, relax the Tone, and impair the regular Fermentation of the Stomach ; cajoling us into the slavery of a seeming want and habitual Expectation
of

of 'em : The other are apt to excite a preternatural Acid, or acido-saline Ferment, no less depraving the Digestion and *Chyle*, than sharpening the Appetite ; and transmitting also a viscous acid Crudity into the first Passages, to alter, disturb or retard those Fermentative and Secretory Juices : so that the very *Crafsis* of the Blood becomes vitiated thereby, and impair'd in its Volatile Spirits, the *Lympha* sour'd, the *Bile* unactive, and the Hypochondriac *Flatus*, *Cachexie*, or settled *Scurvy* ensues. Nature's own deliberate Chymistry is the best : And till she calls for the interposition of these little Aids, they are, doubtless, much better spar'd. For, why should we go about to thwart her most Regular Measures ; or too officiously hasten that Work which she would certainly better accomplish alone ? The frequent

quent or too liberal use of such Things, of the latter Kind, is more especially hurtful to young Persons : in whom the Stomach's peculiar Juices are most easily sharpen'd and deprav'd. Or if we design those of the warmer sort, as Remedies for a weak Stomach ; they are so far the contrary, that a glass of cold Water would be the more eligible Extream : For, instead of improving, they very much disturb, or rather pervert its orderly Functions ; always leaving it after a little transient Relief, worse than before. But this is more especially observ'd to be the unhappy Fate of Persons accusom'd to the use of Brandy or Cordial Waters, (as they love to call 'em) consisting of an inflammable Spirit. And no Wonder that in such, both the Digestion and Appetite are impair'd ; when not only the *Rugæ*, and *Crusta Villosa* are gradually worn smooth, but those numerous Glandules, adhereing to the
Nervous

Nervous Coat, which should strein off from the *Gastric Arteries* that specific *Liquor Fermentalis* adapted to those Ends, are either dry'd up, or at least harden'd and made unfit for such separation.

XVI. *Primæ Concoctionis Vitium non corrigitur in Secunda, &c.* is a Maxim of ancient Date, and deserv'd Reputation. Which should make us the more wary of over-charging our Stomachs at any time with what is never so proper and laudable; as also to allow a convenient space for perfecting the former Digestion, and sending off any heavy or viscus Recrements, before we renew their Task. And in particular, that we don't ordinarily indulge the eating of Flesh above once a Day: Which, from the firm Texture of its Fibres, being less easily dissolv'd, as also abounding more with opposite saline Particles, tho' perhaps not better answering

swering the Ends of Nutrition, than many other Aliments of the easiest preparation, does more readily contest with the Fermentative Juices, to alter and sharpen 'em; requires more Exercise to facilitate its Concoction; and is apt to leave greater plenty of vitious Crudities. But, as was hinted before, the impartial Experience of particular Constitutions, and their circumstances of Life, may very often be a better Direction than any general Rules; either as to the most agreeable kinds of Meat, or the Quantity, Frequency, and most convenient Times of eating 'em. It must be acknowledg'd however, or at least it's highly reasonable to conclude, with the Learned Moderns, that most Chronical Distempers have their Origin in the Stomach, from its deprav'd Juices, and the Crudities of a faulty Digestion. And if we were not too far sunk into

Epicurism, the voluntary Chastisement of missing a Meal once in fourteen Days, or oftner, might be propounded as a probable Expedient against those accumulated Recrements which are apt to stick to the *Plicæ* of the Stomach, as an unhappy Clog to its Office. For if the Chyle be either imperfectly made, or vitiated with other contrary Juices, the Secretion which it afterwards undergoes from the united force of the *Bile* and *Succus Pancreaticus* cannot so far alter its nature as to fit it for a friendly assimilation with the Blood, and preserving that firm Union which ought to be between the *Serum* and Grumous Parts of it: Nor can those noble colatory Organs the *Liver* and *Spleen* so easily correct the *adiathesis*, and thoroughly refine it, but that the whole Mass will in some Degree suffer thereby; and become crude, ichorous, impoverish'd

verish'd in its brisk Volatile Salts, and consequently depriv'd of its former native Sweetness. And according to the various Endeavours of the Spirits to free themselves from this incongruous Mixture by the Glands, many different Scenes of troublesome Maladies are wont to appear.

XVII. If the Blood very often suffers those sudden injurious Alterations, which common Experience shows, after the taking of great Colds, upon some particular Changes of Weather ; from the Volatile Nitre, or Nitrous Spirit, of the Air being made corrosive, and too plentifully insinuating it self, as well by the Cutaneous Pores, when more than ordinarily relax'd by immoderate Motion or Exercise, as also by a more violent rushing in at the Lungs : (For that the Air consists of Nitrous Parts,

is agreed by all modern Philosophers, and prov'd by undeniable Experiments ; and the Corrosion is plain from the usual Soreness or Ulceration at the Nostrils, when the *Crisis* happens to be made by those Glands) : Or, on the other hand, when any sudden Constriction of those Pores puts a stop to insensible Transpiration ; and the more subtil Halituous Recrements, being imprison'd, return upon the Mass of Blood, to disquiet and ferment it ; exciting either a Fever or some speedy Evacuation : If it so easily loses its due Mixture, undergoes a kind of *Coagulum*, and grows acridous, acido-saline, fizy or glutinous from external Causes ; so that the more viscid Parts of it can't pass some of the straitest Vessels, but stagnate, inflame and tend to Suppuration ; as in Pleurifies : Or throws off some of its sharp vitiated and offensive

fenfive *Serum*, after an undue separation from the grumous Part, into the Muscles and their adjoining interstices ; as in Rheumatisms : Surely no less Inconveniencies and unhappy Alterations ought to be expected either from Crudities after disagreeing Aliments unseasonably or too plentifully taken ; or the unwary use of mix'd, fretting and unwholsome Wines, or any kind of foul, ill-fermented, sharp or pungent Liquors.

XVIII. Neither is a customary Drinking of Wine, tho' never so good and unsophisticated, or in a quantity otherwise not immoderate, allowable at all Times. For when the Stomach has been longest empty, its acid volatile Parts are too spirituous and searching for those many Nervous Filaments dispers'd over the inner Coat ; and easily break thro' the

Crusta Villosa, or that kind of rough and spongy Lining, call'd by Dr. *Willis*, and from him by a very modern Anatomist *, a

* Philip Verheyen,
Anatom. Prof. Reg.
in Academ. Lovan.
P. 74.

fourth Tunicle, where-with provident Nature has guarded 'em : So that instead of refreshing, they really disturb, exasperate, and prey upon the Spirits. To back the Ætiology with Experience : We have but too many Instances of Strong and Healthy Constitutions, which by the Laws of Nature might have reach'd a very considerable Age, brought to early Tremblings, and an untimely *Exit*, by the infatuating charms of Wine; especially the Morning-Whets, as they commonly call 'em. And if the best of Wines, without something more solid or substantial to feed on and blunt their corroding Particles, may have such pernicious Effects :
How

How much worse ought we to think of our modern, counterfeit, or, at best, but brew'd Wines; tho' taken at never so seasonable Times! Which consist of so many jarring parts, and very oddly jumbled together, that those Stygian Artists themselves can't long preserve any tolerable agreement betwixt 'em: For they are usually fitted to a quick Draught, and many of 'em will scarce abide the Test of a Month's keeping. What unhappy Ferments in the Blood, and its subservient Juices, are wont to succeed the over-liberal use of 'em; and how soon the incomparable Texture of the Spirits is liable to be broken, or rather too often impoyson'd, thereby, has been sufficiently shown in some dismal instances, not difficult to be recollected or accounted for. That a very small Part of what passes under the name of Foreign

Foreign Wines can be really such, *i. e.* free from Mixture or Adulteration, beside the disagreeing Effects which are daily obvious, must be concluded from the great Disproportion between the Quantities of late Years imported, and what have been expended. And why any Persons that will but allow themselves the Liberty of Thinking, should sooner choose to intrust their Constitutions with every little audacious Wine-Brewer, whose utmost Improvements in his Faculty are directed to the Eye and Palate, whilst unskill'd in the nature of those Ingredients he uses; than with the most Quackish Pretender to Physick that ever mounted a Stage; will scarce admit of a reasonable Solution. It seems needless to treat of the real Benefits or Usefulness of good Wine, when seasonably and moderately taken; unless what is truly
such

such were more easily procurable. For, if doubling or trebling the wonted price very seldom secures any from the artificial Mixtures and cunning Representations (tho' some perhaps may be so Foppish as to imagine that what is dearest must be the best); one would think that all who are not wholly sunk into that vilest Drudgery of being perpetual Slaves to their Bottle, should without hesitation either totally break off, or at least retrench, the charming Vice; and for once grow sober of necessity, tho' they have been heretofore never so much proof against all Moral Inducements.

XIX. Notwithstanding some, out of too great a Deference to their own indulg'd Practice, have suggested certain Medicinal Benefits accruing to a through Debauch now and then;
it

it must and will be ever acknowledged that Temperance is the best Preservative of Health. Whether we consider the intoxicating Effects of that Debasing Folly to proceed from the sulphureous and inflammable parts of the Wine, &c. immediately penetrating the Extremities of those small Nerves in the inner Coat of the Stomach, and thence more directly transmitted by the *Par vagum* to the Nervous Systeme and Brain itself: Or the Expansive Spirits of the Blood being disturb'd, exasperated and rais'd above their natural pitch by such an unfriendly Mixture; making disorderly irruptions on the Cortical part of the Brain, and very much annoying its most elaborate Functions: They must needs be thought to have forfeited all Pretensions to Reason, who imagine that such Hurry and Tumult can be excited without

out great injury to the Mass of Blood, and to the orderly Refection of Animal Spirits ; tho' they should escape the immediate and more convincing Proofs of it, in violent Nervous Head-Achs, inflammatory Fevers, or at least Feverish Disorders, Rheumatisms, Gout, &c. Nature indeed has her proper Sluices to free her self from such innundations ; and sometimes the queasy Stomach plentifully discharging its own Juices, when very much disturb'd and vitiated by the austere or burning parts of the Wine or other spirituous Liquors, together with the redundant *Bile*, after the Blood has undergone a forcible Depuration, may by accident turn the pleasing hazardous Vice to some kind of present advantage : Yet the rare instances of such dear bought Benefits being infinitely over-ballanc'd by the contrary, should no more induce
any

any wise Person to run the Risque, than Hopes of being sav'd on a Plank can prompt a Man who is embark'd in a sound Ship, to split wilfully on a Rock. For, when we have fancy'd what we will, such Excess cannot be without thwarting very much the whole Oeconomy of Nature, offering violence to her most reasonable Laws, and putting her on the necessary Task of throwing off by adapt Glands the contracted Feculencies (to say nothing of the Volatile *Alkali's* often fix'd into a Calculous Substance): And 'tis scarce probable that such violent agitation of the Blood and Spirits can often happen, at the best, without great Detriment to both; by deadning and depressing the one, and altering or impairing the due mixture of the other. But, to take the worst part of the Scene: many times this unhappy Civil War is rais'd

rais'd to such an height in our Bowels, and the Spirits so far broken, dissipated, and lost in the Hurry, that they never exert themselves to make the necessary and timely Secretions ; but truckle under the impetuous Flame, and leave the daring Heroe, instead of taking any Comfort from the remembrance of former Escapes, to end with an---O! *si præteritos repareret mihi Jupiter annos!*

XX. What is declining Age, but a gradual Recess of the Blood from its former smooth Oily or Balsamic Richness, and abatement of its regular Fermentation thro' the irreparable expence of those opposite Volatile Salts whereby 'tis excited ; rendring it unapt for the necessary Recruits and Distribution of Animal Spirits, whose subtil *Effluvia* are continually dissipated and spent ; as also for nourishing

ing and actuating the Muscular Parts? And what can more directly threaten a Subversion of the Microcosm, than a Failure in those two Essential Props, by which 'tis principally supported; *viz.* Strength and Motion? What can we suppose to be the Reason that all kinds of young Flesh, in common use for Aliment, appear so much more sweet and tender in our Eating of 'em, than those that are accounted old in respect of the ordinary Term of their living? Unless because the Blood, being more rich and abounding with Oily Volatile Salts, continually sends off a far greater plenty of its *Succus Nutritius* to all the solid Parts; keeping every Vessel, Nerve, Fibre, and the Muscular interstices, duly fill'd and moisten'd: Whereas in the other, the Blood having pass'd its *Apex* or most perfect State, and grown more effete, un-
active,

active, austere, and destitute of Spirits, can't send off so large Supplies of the Nutritious Juice, nor indeed any that is so smooth, gelatinous, and highly nourishing ; but suffers those Vessels to grow loose and flaggy, and all the Fibres, together with the interstices between the small Nervous Filaments, more dry and contracted ; which were wont to be always fill'd with plenty of Fluid Volatile Matter. Tho' nothing is more deservedly admirable than the Oeconomy of the Blood and Spirits through all the Parts of this curious Machine ; and especially its Union with, and ennobling influences from, the Rational Soul : Yet such are the irreversible Laws of its Omnipotent Architect, that the Principles of Decay and Dissolution are interwoven with the very first Lineaments of so beautiful a Composition ; and that

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noble Nutritious Liquor, which from the early *Punctum Saliens* of an imperfect *Embryo*, through all the Degrees of Accretion, to the full *acme* of Strength and Vigour, does abundantly feed the blazing Lamp; at length begins to melt down and sink under the weight of its Burthen; is less receptive of spritely influences from the external Air (the necessary *Medium* of Life); grows languid, sluggish, and often interrupted in its Motion, like the latter Flame of burning Spirits when the dull and heavy Flegm remaining is ready to extinguish it: Or becomes like vapid and degenerate Wines; yeilding little or no Refection either to the Spirits or Organical Parts, which 'twas wont to nourish and enliven.

XXI. But, beside such necessary Declension, thro' the establish'd Laws
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of Nature and Fate ; how many Thousands, as if they scorn'd to wait for that gentle Decay, seem to pride themselves in the Courage and Bravery of living apace ; measuring out their imaginary Pleasures more from Degree than Duration ! Advise 'em to be duely careful of their Health, Ease, Felicity, &c ; and it's odds but they'll disdain to bestow a Thought upon such low and pitiful Ends ; being too servile for their more generous Minds : Or recommend to 'em Temperance, Exercise, &c ; they'll reject with the greatest Detestation all those sordid Means, as too flat and insipid for their more exquisite Relish ; and deserving only to be rank'd among the dull Politic's and musty Morals that are suited to heavy Phlegmatic Souls. As 'tis their peculiar Glory to celebrate every Desire ; and be affected with no other

Charms than those of a full Bowl, or such as are at least equally dangerous, and more exhausting to the Spirits: So, for the most part, they fall Martyrs to their Cause; with Constitutions more irreparably broken than would perhaps have naturally resulted from twice the number of Years. Yet they have many times the satisfaction of surviving their Estates; and that the *Exit* may be, like the rest of their Lives, without Thinking, have but little need to be solicitous about the choice of their Heirs.

XXII. That Water, well chosen and good in its kind, is, or would be, the most genuine, soft, and agreeable Drink to Humane Bodies, if early accustom'd thereunto, is highly consentaneous to Reason; and backt with many instances, from daily Experience,

perience, of very infirm Constitutions not a little improv'd by the Use of it; as well as the Longævity and more general Health of those that live in some remote Climes where little else is drunk. If it be allow'd that the more simple kinds of Aliment are least liable to cause any Disturbance in the Stomach, whilst engag'd in that accurate Work of Chylification; 'tis no less concessible, that a steady Use of the same kind of Drink, if wholesome and agreeable in its nature, must be more conducive to keep up the even Fermentation and due Temperature of the Blood, wherewith it necessarily mixes, than to drink, as many do, three or four differing sorts of spirituous Liquors every Day. For, as the too liberal use of Wine, or any thing that consists of inflammable Parts, gradually destroys the Tone

and Fermentative Juices of the Stomach, especially in such as eat but very little; preys upon the Blood and Spirits, and by putting them very often into a needless Hurry and Disorder, spends the gentle Vivacious Flame much faster than otherwise it would: So, an habitual use of Water (the most soft, sweet, and lightest that can be procur'd*)

*Hippocr.

Aph. 26.

Sect. 5.

has all the opposite Benefits attending it; *i. e.* preserves the native Warmth and even Ferment of the Stomach; readily mixes with and softens its Aliments; recruits the Blood by a copious and friendly assimilation of well-prepar'd Chyle; keeps it more smooth and temperate; and helps to spin out the Thread of Life to the longest Extent that the common Laws of Humane Nature will admit. Hence the Rest is apt to be easy, quiet, natural
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and refreshing ; the Rational Faculties more clear and undisturb'd ; and the Passions of the Mind less prone to sally out into any violent Disorders, than in Persons accusom'd to hard Drinking, which acuates the Bile and sours the Nutritious Juices. But whether such as have indulg'd themselves in the varieties of spirituous Liquors till they are turn'd of Thirty or Forty, and the Blood, having pass'd its most Florid State, is hastening towards a Declension, may safely take up with drinking Water on a sudden ; seems necessary to be consider'd. To these, the best way of beginning, if they are so inclin'd, may be by rendring it less crude by a warm Toast rubb'd with Nutmeg, and further impregnating it with a quarter or fifth part of some good Stomachic Wine, as *Lisbon, Syracuse, Sherry, &c.* pinching it off by degrees

till they come to the Water alone; which in a short time may fit as easy on their Stomachs; it being not so cold or lifeless as some are apt to imagine. The fond Excuse of many for allowing themselves the most warming sorts of Liquors, *viz.* because their Stomachs are cold and need such support, is certainly one of the greatest Cheats in Nature: For, as there are no Stomachs so cold till brought to it by such pernicious Custom gradually stealing upon 'em; so the persisting in it will certainly encrease the imaginary Coldness, and call for brisker Supplies; till from the Morning-Refreshments of Wine, and frequent sipping either Brandy or milder (suppos'd) Cordial-Waters, they come to double and treble the Quantity, and at last need the strongest Rectify'd Spirits.

XXIII. What

XXIII. What has been said in Recommendation of Water, is chiefly design'd either for such as are accusom'd to an easy delicate and unactive Life : Or such, whose studious Employments continually involving 'em into deeper Thought, lay a much greater Burthen on the Mind than Body : Or those, whose Spirits being of the finest contexture, are, upon every little Effervescence of Biliious and acid Juices, or any sudden Surprize or Transport, most easily hurried into violent Disorders, unevenly dispers'd, and frequently interrupted, or at least very much disturb'd, in their principal Functions ; as in those Constitutions which we commonly call *Hysteric* : Or lastly, where the Blood is too gross and heavy, for want of due Fermentation ; having the grumous Part, thro' its ill mixture together with the inactivity

vity of the Animal Salts, liable to very troublesome Concretions, and the Spirits vapid, sluggish, as it were lockt up or at least very difficultly distributed ; giving Rise to Fear, Melancholy, and irregular Thoughts ; as in *Hypochondriac* Bodies. In which last mention'd Case, the more generous sorts of Wines mixt with Water, or sometimes alone, are not a little Beneficial ; by giving the Blood a necessary and moderate Effervescence, briskly agitating its Parts, resisting the Coagulation which threatens it, and casting off whatsoever is feculent or burthensome to the proper Emunctories ; viz. the Vaporous *Effluvia* to the Cutaneous Glands for insensible Transpiration, the serous Recrements to the Kidneys, the Bilious to the Liver and its adjoyning Receptacles, &c. Yet, in as much as a vitious or preternatural Acid, bred
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in the Stomach, *Pancreas*, or other Glands, is the usual source of this unhappy intemperature ; and, tho' impairing the natural Fermentation of the Blood, is apt to excite, in its Contest with the Bilious Juice, very irregular Ferments in the *Abdomen*, accompany'd with Wind, painful Contorsions, Costiveness, &c ; all such Wines, or other spirituous Fermented Liquors, as are rough austere acid or pungent, or too new heavy and unrefin'd, are directly hurtful, and seldom ventur'd on without great Inconveniencies : Whereas Water, being unapt for Fermentation or height'ning of such vicious acidity, is infinitely more agreeable ; tho' better when moderately assisted by the addition of such spirituous Wines, as before hinted. How highly serviceable to such Constitutions, even beyond the strictest Rules of Diet,
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long and frequent Riding on Horseback (which is the most advantageous way of sucking in the Ætherial Refreshments, and with least Toil of the Body or expence of Spirits) usually proves, by keeping up the due Expansion of the Spirits and active Energy of those sluggish Volatile Salts in the Blood, might deserve to be insisted on; if the more general account already given of such signal Benefits accruing from Motion or Exercise, had not rendered it almost superfluous. To mention also those very great Medicinal Advantages attending the use of good *Bitters*, Tincture Salt or Extract of *Steel*, *Mineral Waters*, &c. would be improper for this first Part; wherein I don't pretend to meddle with *Pharmacy*.

XXIV. But

XXIV. But to those of more robust Constitutions, and especially such as have been, either thro' necessity of Circumstances or choice, accustom'd to a laborious activity, the softer sorts of Malt-Drink, whose degree of Strength is not excessive, seem not only allowable, but in a singular manner adapted ; as being of all common Drinks the most nourishing, strengthening, and coming nearest to the Balsamic Quality of the Blood it self ; therefore the most analeptic or restorative of what is daily spent from it in a continued Course of Labour and Toil. Nor is there any ground of scruple from its heavy or clogging Parts, as in others of a more unactive or sedentary Life : For, as in those the Radical Moisture, and more spirituous *Effluvia* of the Blood are much faster exhausted than in these latter ; so
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it necessarily requires a proportionable Refection; and Nature her self, disdaining the help of *Steel* or any other Methods of Physick, by her own incomparable Mechanism of Muscular Motion, facilitates its spritely Distribution thro' the minutest of those Vessels by which its Circular Course is directed. For the proof hereof we need go no farther than the more laborious sort of Men; such as Porters, Carr-men, Day-Labourers, and even many Country-Gentlemen accusom'd to the varieties of Business or Toilsome Exercises. As their well-season'd Constitutions are sufficient Proof against the Shocks of Wind and Weather; and none are observ'd to be more strong, hardy, or steadily Healthful than they: So the clearest Arguments from Philosophy or Rhetoric in commendation of Water for ordinary

nary Drinking, or other nice Rules of Diet, would be but lost upon 'em, and deservedly rejected.

XXV. The vulgar Prejudice which Malt-Drinks lye under, is usually grounded on these two Objections, *viz.* The necessary Vegetation which the Barley passes through before it acquires the name or nature of Malt; and the Fermentation which the impregnated Liquor undergoes before it can be in any measure fitted for Use. From the former of these, together with the Torrefaction succeeding, that great Philosopher and Physician *Sennertus*, * pleads for the wholesomeness of Malt-Drink, supposing that the crude flatulent and obstructing Qualities of the Corn are thereby corrected, rarify'd and made more friendly

* *Tom. 1. Method. Disc. Med. lib. 4. Cap. 4. de Potu.*

friendly to the Blood : And he affirms that in respect of Strength, clearness of Complexion and soundness of Constitution, none do ordinarily excell those who are steadily accustom'd to that kind of Drink; subjoyning further a great enhancement of its Virtue or wholesomeness from the plentiful addition of *Hopps*, which he every where speaks favourably of. He refutes by Reason and contrary Experience the ridiculous Whimsie of *Dioscorides**, who fancied the long use of Malt-Drink would breed the *Elephantiasis*, or other Cutaneous Distempers. He compares the Malt prepar'd from Barley with that of Wheat, and gives the preference to the former ; as being the more Diuretic, yeilding a thinner Juice, and less liable to cause Obstructions. *Ettmullerus* likewise in his Commentary

* *Lib. 2.*
Cap. 8.

tary upon Schroder * confirms the Reasonableness and Benefit of such Ve-

*Pars 1. Sect. 2. de
Regno Vegetabili.

getation [---in paranda Cerevisia prius
germinare debet Hordeum, ut Crudi-
tates flatuosæ tollantur.]. As to the

latter Objection, Of its Fermenting;
'tis too partial to find fault with Malt
Liquors more than Wines of all sorts,
natural and artificial, Cyder, Perry,
Mead, &c; all which necessarily un-
dergo the same Test of Fermentati-
on: Otherwise how could they pre-
cipitate their crude and feculent
Parts, or be Drunk without hazard of
exciting violent Ferments in the Bow-
els or Blood *? The Fer-

*Vid. VVillis de
Fermentatione.
Cl. Boyleus, de
vi Aeris elasticæ.
Ettmuller Pyro-
techn. Rationalis
de Fermentatione.

mentation then, which
many exclaim against,
is so far from being any
real Disadvantage, that
by so much the higher
it is, the Precipitation or separating

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of

of the gross *Fæces* is the more compleat ; and the Liquor, being brought to the most exquisite Fineness, becomes the less Fermentiscible afterwards, and is consequently the fitter either for Drinking or Keeping.

XXVI. In order to the more safe and agreeable use of Malt-Drink, its highly necessary to be curious in the choice and proportion of its Ingredients : *viz.* That the Water be soft, sweet, light, easily bearing Soap, and whose Springs are warmer in Winter than Summer ; having also a Chalky, Sandy or Stony Bottom (For the Difference in Water is no less than in Wine or other Liquors ; and must needs have a proportionable influence on our Blood, according to its pravity or goodness : Which should prompt us to an equal care in the choice of it, as of a salubrious Air) :

Air) : That the Malt be neither slack dry'd nor scorch'd, but the sweetest, driest and quickest tasted of its kind : That the Degree of Strength be very moderate, especially for common Drinking ; and the quantity of *Hopps* duely proportion'd to it, both for its clearness and keeping at least two Months without any appearance of harshness or change : Lastly, That the Fermentation be sufficient, and its Fineness compleated before it comes into Use. The vulgar thick muddy Ale or Beer of publick Brew-houses, commonly calculated for a Week's Drinking, and too often sour'd before it's depurated or made fit for Use, would be enough to raise a deserv'd prejudice against Malt-Drink, if there were no greater accuracy to be us'd in the Preparation of it : And they deserve Pity, who, being no better accommodated, can

prefer such to the most ancient simple and unalter'd Drink so plentifully springing up from the inexhaustible Cellars of Nature ; which our Protoplast, and others in that first infancy of the World, did so happily take up with : Tho', in comparison of the late Wines, these must be allow'd to verify that common Maxim in Politics, *Of two Evils to choose the least*. As to the strongest sort of Beer, which not a few do so much value themselves for their skill in preparing [such as *Julian* in lib. 1. *Epigram. Græc.* quoted by *Sennertus*, wittily calls *οἶνον ἀπὸ κελῶν*, *Barley-Wine*] ; it seems rather suited to the curiosity of the Eye or Palate, than any ways friendly to the Blood : For its exalted Spirits are so heating and intoxicating, and the main Body of it so heavy clogging and offensive to the Tone of the Stomach, that there

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is but little Room to plead for its Usefulness ; and the best that can be said on that behalf, is that it ought never to be drunk without Caution, if at all.

XXVII. Next to *Malt*, we may a little enquire into the nature of its necessary, at least common, Adjunct, viz. *Hopps* ; concerning which there have been so many vulgar Prejudices, groundless Surmises, and inconsistent Opinions started. And this is very curiously done to our hand by the Learned and Sagacious *Ettmuller* before-mentioned, in Words to this Effect ; viz.* *Hopps in our Northern Clime are more used for an alimentary than Medicinal Design. 'Tis evident that the ripe Flowers are Fat and Resinous, and very grateful in their Flavour ;*

* *Scröderi dilucidati, Pars 1. de Regn. Vegetabili.*

And they are us'd by the Italians in the cure of Chronical Diseases, viz. the Flatus or Hypochondriac Melancholly, the Jaundice, ill Habit of Body, &c. They correct a vicious Acid, from whence most Chronical Distempers do proceed. From their Fatness, which is so obvious, we may conjecture that they abound with an Oily Substance, which is so powerful to preserve Beer from souring. Their young Topps are a good Preservative against the Itch: For they cleanse the Blood by a gentle Fermentation, and make the Body soluble. In some Shoppes they keep a Syrup prepar'd from Hopps, which is us'd in Chronical Distempers, where there is need of altering and cleansing the Mass of Blood. Thus He.

It's most certain that Hopps by their grateful Bitterness are excellently suited to the Stomach, and very serviceable to Digestion; resist-
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ing by a kind of Alkalifate Virtue that exorbitant *Acid* which is usually generated there, as the Foundation of so many lingring complicated Maladies ; and which afterwards, if not corrected, being mix'd with the Blood, very often falls in with a Volatile *Alkali* ; till they two make up a third Concrete, which we call the *Stone* *. But how is this consistent with that vulgar Objection of their being hurtful to such Persons as are most obnoxious to the *Stone* or *Gravel* ; which, as a Bugbear, has deter'd many Thousands from the use of 'em ? If we lay aside Prejudice, that grand Obstacle to a right Disquisition into the Nature of Things, the Solution is not difficult. For, when any one that is accustomed to those painful

* *Calculus Humanus fit ex Alkali volatili concentrato per Acidum præternaturale. Tachenius in Hippocrat. Chym. Item Schröder. dilucidat. Par. 1. Cap. 8. Se 7. 7. de Calculo Humano.*

Symptoms, and not to the use of *Hopp'd* Liquors, by accident drinks freely of 'em ; such Drink meeting with some *Gravel* or *Calculous Matter*, that before lay quiet, by its searching or cleansing Force disturbs and moves it into some other place or posture in the *Pelvis* of the Kidneys, or perhaps into the Ureters or Bladder, and thence gradually scours it off : Whereupon a fretting or grating on the Membranes, and a troublesome Sensation sometimes ensue. But let the same Persons resolutely bear up against this seeming inconvenience, and a few Months steady use of such Drink (as hath been proved by many undeniable instances) will convince 'em that 'tis, at long run, neither painful nor hazardous, but rather a Preservative against the very Distemper which they so slavishly fear'd. That they
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have (like the other most laudable *Bitters*) such an Alkalifate Virtue, or Power of resisting an Acid, is undeniable: and that they excell most of 'em in this respect, is easily prov'd. Infuse ℥ss . of very good *Hopps* in ℔j . of Boyling Water for some Hours; then strein off ℥xij . of the impregnated Liquor, and 'twill bear 20 Drops of Spirit of *Vitriol* (which gives a considerable Degree of acidity to a greater Quantity of meer Water) with very little alteration in Taft, more than an abatement of the Bitterness. The same Quantity of an Infusion of *Wormwood*, as equally bitter as can be guess'd, will bear near or altogether as many Drops of the Acid. Of *Chamomil* Flowers; scarce 14 Drops. Of *Gentian*, *Centaury* and *Carduus*; 12 Drops at the most. If then the sweetening Force of *Hopps* surpasses that of the other
applauded

Bitters; they must, without sordid partiality, be thought at least equally advantageous in those Cases or Constitutions for which the latter are usually recommended; *viz.* *Scorbutic*, *Hypochondriac* and *Hysterical*; together with the many Branches from those general Roots, *sc.* *Vapours*, *Jaundice*, *Cachexie*, *Anasarca*, *Nervous Colic's*, *Quartan Agues*, &c. wherein the Blood, thro' Diminution, Depravation or inactivity of its Fermentative Salts, is sour'd and impoverish'd. But all these accumulated Virtues would be over-balance'd by that single Imputation which they have so long lain under; if it were not (as it really is) altogether undeserv'd. For, as they happily take off that first vicious Acid in the Stomach, and afterwards soften the preternatural austerity of the *Pancreatic Juice*; they are so far from

from procuring, that they really exterminate, or at least subdue, both the Material and Efficient Cause of that dreadful Distemper. Indeed where there is a large confirm'd *Stone*, or more ; such Drink as is highly impregnated with *Hopps* may, like other *Diuretics*, be too searching ; and by scouring off the Mucilage, which often, thro' the courtesie of provident Nature, either surrounds the *Stone* it self, or adheres to the Membranes in the Kidneys or Bladder, as a Guard against that terrible Enemy, give the unhappy Patient not only a painful but unprofitable Disturbance. Unprofitable ; because, notwithstanding the fine Flourishes we sometimes meet with, and vulgar Eulogies of some Empirical Medicines, 'tis one of the most difficult Undertakings in the World, by Medical Prescriptions, to break or dissolve

solve so compact and as it were Adamantine a Substance ; which nothing can reach till its Vertue is very much impair'd. Repeated Essays made upon such small Stones, voided from Humane Bodies, as were covered with the usual *Laminæ* or hard Shells ; in the celebrated *Tip-ping's Liquor* : Upon Others, in a very strong Tincture of *Horse-Radish* : Others, of *Mustard-Seeds* : Others, of *Onions* ; Of *Scurvy-Grass* ; Of *Tea* ; Of *Hopps*, &c : Also in *Ol. Terebinth rectif.* in *Sp. Sulph. per Camp.* in *Sp. Sal. Armon.* & *Aq. com. an. part. æq.* &c. Produc'd little or no alteration ; save that divers of 'em, and particularly the Tinctures of *Hopps* and *Tea*, by fretting off the dry adherent Mucilage laid open their porous interstices, and left 'em the more raggy. But whilst the whole Force, of these or other Medicines, imme-

immediately encountering with the *Stone*, is of so little Efficacy: How insignificant it must needs be when very much broken and diluted, by the tedious compass they fetch, Reason does easily suggest.

XXVII. That a strong *Acid* engaging with a Volatile *Alkali* in the Kidneys is apt to produce such a stony Concretion, the same *Ettmuller* in his most accurate Practical Discourses undertakes to prove, 1. Because Arthritic and Hypochondriac Persons, who are much molested with vicious acid Juices, are very liable to the *Stone*; whereas Bilious Constitutions are not. 2. Because those that live near the *Danube*, and are accusom'd to the plentiful and constant Drinking of Wine, are most generally troubled with it; and nothing is more evident than that
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a prevailing Acid in most Wines. The propension of which acidity in the Wine to congeal with a volatile *Alkali*, he further demonstrates by an artificial Oyl Chymically prepar'd from fix'd Nitre and Flint-Stones, heighten'd with Spirit of Wine : a few Drops of which put into a glass of Wine will soon produce a hard or stony Substance. 3. From the Chymical *Analysis* of the Stone it self ; which affords a stinking acid Oyl, an Alkaline or Urinous Spirit, a Volatile Salt, and a *Caput mortuum* like Quicklime. With this Concretion from the *Acid* and *Alkali*, a third Matter or viscous Mucilage, being the proper nourishment of the Kidney vitiated, is apt to fall in ; by which the Substance is made the more firm and impenetrable. And this may suggest to us the Reason why a large confirm'd *Stone* is so very

ry difficult (not to say impossible) to be dissolv'd by any kind of internal Medicine ; which, as 'tis highly reasonable to suppose, can carry but a small part of its Analytic Virtue through those Digestions and Circulations which it must necessarily undergo before it can reach the Kidneys or Bladder. When the *Alkali* keeps the ascendant, and such viscid Mucilage does not conspire with it, the Concrete is usually no other than an hard, coarse, and, for the most part, whitish Sand ; which we call *Gravel* : And in this Case the better sorts of *Diuretic* Medicines, especially those of the Balsamic kind, may be very serviceable. As to that small friable red Sand which Scorbutic Constitutions generally afford, and is almost always found subsiding in their Urine ; 'tis only a Coagulation of Scorbutic Salts, and has none of
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of the painful Effects or dangerous tendency of the former. Upon the whole ; such Persons as are accustom'd to the *Stone* or *Gravel*, have much more Reason to be cautious of Wine than Malt-Drink, either Hopped or otherwise ; it being beyond all Comparison, more productive of and irritating to that troublesome Distemper. But, for the greater security, they might do well to lay aside both ; and have recourse to the *Chalybeat* Mineral-Waters (if there be no large confirm'd *Stone*) for several Months in the Year ; both for destroying the first Cause of it in the vicious *Acid*, and cleansing the Urinary Passages ; And at all other Times for their common Drinking, use a good soft and light sort of Water only.

XXVIII. If it be enquir'd whether *Water*, *Malt-Drink*, or *Wine* be most serviceable to the Fermentative Juices of the Stomach ; or do most facilitate Digestion, by a friendly uniting with, influencing, and dissolving the solid Aliments receiv'd into it : The following Experiment may lead to a probable Conjecture. Let an equal Quantity of the same kind of Meat, (whether roasted, boil'd, &c), and taken from the same part of the dress'd Joynt (that there may be no difference in its Firmness, or the texture of the Muscular Fibres) be shred equally small, and mix'd in four several glaz'd Vessels, with a like quantity of *Water* in one, *Malt-Ale* in another, *White-Wine* in a third, and *Claret* in the fourth : After some hours Maceration cold, and frequent stirring of each alike, you'll find the *Water* and *Ale* Mix-
G tures

tures the most chang'd, being somewhat softned, and as it were mucilaginous (and indeed scarce any discernible Difference between 'em ; but if either have the advantage, 'tis the latter) ; that with *White-Wine* much less than both ; and the other with *Claret* scarce alter'd at all, unless to a greater Hardness. Afterwards, put a very gentle Fire to each Vessel, being closely cover'd, and keep 'em, as near as may be, in the same Degree of Warmth for several Hours : You'll find still the greatest advances towards a Dissolution in the two first ; the third much short ; and the fourth still less : And so 'twill continue, if the Heat be increas'd to a much greater Degree than can be suppos'd natural to the Stomach. This Experiment, perform'd with all the Exactness that could be, seems to suggest

gest a Mistake in those, who, not having before destroy'd the Tone of the Stomach by hot Liquors or hard Drinking, fancy a Bottle, or at least some Glasses, of *Claret* to be so necessary at Meals. But, after all, till we can find out a *Menstruum* proportion'd to those coadjutant Liquids employ'd in that accurate Work (*viz.* the *Humor Salivalis*, separated in the *Maxillar* Glands, the Potulent Matter which we take in, and the proper Juices of the Stomach, with those Fermentative salino-spirituose *Effluvia* continually sent off from the *Gastric* Arteries by the numerous Glands of the *Crusta Villosa*; joyntly actuated by a liberal influx of Air) all Essays of this nature are the less conclusive. Nor does the late receiv'd Opinion, that the Stomach performs its work in Chylification chiefly by Attrition, *i. e.* rubbing or grinding

together the solid Parts of the mix'd Aliments, any ways clash with this Conjecture: For, supposing such Attrition, it's highly probable that one kind of *Menstruum* may be more serviceable in preparing softening and dividing such solid Meats, than another: And indeed after I had try'd the utmost towards a Dissolution, the more dry and Fibrous Parts still remaining unbroken, even in that which was most alter'd, seem'd to confirm this modern *Hypothesis*, Of such an admirable Rotation in the Stomach to break and disperse 'em.

XXX. The *Hydromel* so often mention'd by antient Writers (either made of Water and Honey only; or with the addition of very warming Spices, as in *Lithuania*, *Muscovy*, &c), tho' suited, for a Medical intention, to Asthmatic or some other

ther particular Cases, and not improper for Aged Persons, who have usually a weak Digestion through the redundancy of cold Flegm ; ought not to be recommended indifferently to all Constitutions ; especially in its frequent or liberal Use. For the heating and drying Effects thereof are not inferior to those of Wine, but rather exceeding ; and therefore ill-suited to such as have not pass'd the *Zenith* of Blooming Age ; whose Constitutions, being for the most part Choleric, or at least Sanguine, are, from the great plenty of *Bile* which it ordinarily produces, thereby rendred more obnoxious to Fevers, Gripes, *Diarrhæa's*, &c.

XXXI. The Vinous Liquors prepar'd from *Malaga* Raisins, Water, and Juice of *Elder-Berries* ; or from the *Lachrymæ* of *Birch-Trees* and

Raisins, may be deservedly rank'd among the safest of spirituous Drinks, or artificial Wines ; and, since the late horrid Sophistications, preferable to most Wines that are publickly vended. They are not only in all respects wholesome, beyond the reach of any reasonable Objection, but in a special manner conducive to the Depuration of the Blood, preserving its Eucrasie, and freeing it from those impoverishing alterations which give Rise to many Chronical Distempers.

The *Birch-Liquor* is highly commended by *Helmont*, *Tilemannus* and *Schroder*, as a Preservative against the Stone, Gravel, Gout, Scurvy, Jaundice, Hypochondriac Melancholy, &c. and being less Spirituous than the other, may be the more plentifully taken. The *Elder-Berries* also want not their Encomium's (from *Blochwitzius*, *D. D. Michael*, *Hartman*, *Bartholine*,

line, Schroder and Ray, &c.) in most of the above-mention'd respects; and are farther reckon'd as Alexipharmic, and a great Specific in Erysipelatose Fevers. In summ; either of these Artificial Wines may be deservedly recommended as wholesome, and friendly to the Blood. To which might be added a Third sort, much esteem'd by *Ettmuller* *, tho' more simply prepar'd; viz. from Water and Raisins fermented and depurated. For the Raisins, being (as he observes) no other than new Wine concentrated, after Fermentation display their rich Balsamic and Spirituous Parts; which when diluted by a convenient proportion of Water, produce a true wholesome and natural Wine, as well as artificial; answering all the intentions of that noble Liquor, either as to correcting an ill Hábit of Body, or

* *Scrôd* dilue.
Pars 1. Sect. 2.
de Viribus.

Dyscrasie of the Blood * ;
and without any of those
noxious Qualities too often
imparted to other Wines by such as
make a Trade of Deceiving.

* Idem. Pyro-
tech. Rational.
Sect. 2. de Vino.

XXXII. But we may not suppose that these or any other sorts of Artificial Wines are equally wholesome when prepar'd with *Sugar*, as with *Raisins* ; tho' in respect of Strength or gratefulness to the Palate there may appear no great Difference between 'em, or rather the former may seem to have the advantage. For the *Uvæ passulæ*, or *Raisins*, with the various Preparations from 'em, are no less commended by *Galen*, *Senertus*, *Riverius*, *Tachenius*, *Horstius*, *Ettmuller*, &c. as analeptic, or highly nourishing and restorative, adapted to the Lungs, Liver and Kidneys, correcting a saltish acrimo-

ny in the Blood, beneficial in a *Phthisis*, *Atrophy*, &c. than *Sugar* is, by most of them and others, condemn'd, at least suspected, as clogging to the Stomach, inimical to Digestion *, productive of *Bile*, injurious to the Lungs, and in a special manner offensive to Scorbutic, Cachectic, Hypochondriac and Hysteric Constitutions ; as also more particularly such as are accusom'd to the Colick. * *Sennertus*, and † *Riverius* indeed write the most favourably of it ; yet allow the same inconveniencies that accrue from Honey to hot or Choleric Bodies. Distill'd by it self, it affords an highly acid or corrosive Spirit, which will dissolve *Coral* or *Pearl* : Whence some Chymists have been so far prejudic'd that they would scarce

*Schrod.dilucid. Pars 2. p. 21. de Medicum. comp.

*Tom.1.p.587. de Cibis.

† *Ῥυσιων*, lib, 4. Cap. 21. de Condimentis.

scarce allow of any other Benefits accruing from *Sugar* than by external Use ; viz. mix'd with Spirit of Wine or in Unguents, to cleanse putrid and stubborn Ulcers, or with the white of an Egg, to take off Clouds, Specks, &c. from the Eyes. But notwithstanding all that has or can be said of its inconveniencies, such as make it their chief care to indulge the Palate will be sure not to abate of their wonted Customs : And whether the most acute Distempers commonly incident to Infants, as Fevers, Gripes, Convulsions, &c. beside the congenite *Acid* which modern Authors have happily taken notice of, be not often owing in a great measure to the too liberal mixing of *Sugar* with all that they take ; may, perhaps, deserve Consideration.

XXXIII. The other sorts of Domestic Wines, *viz.* of Grapes, Cherries, Currants, Goosberries, Raspberries, Damsons, Sage, Balm, &c. if well fermented, refin'd, of a due Age, and strength sufficient to preserve themselves from souring or at least growing sharp, and especially if heighten'd with Raisins instead of Sugar; are wholesome and allowable enough, whilst we don't encroach upon the necessary Bounds of strict Temperance and Moderation. But the richest of all our Vinous Preparations, in respect of Strength and Pleasantness, (and whose wholesomeness is also beyond Objection) is from very ripe *Laurel-Berries* bruis'd and a fifth part of the choicest *Malaga* Raisins ston'd and shred, with a due proportion of Boiling Water pour'd on 'em. After two Year's keeping, 'twill vie with the most generous

nerous Exotic Wines, both for the Richness of its Body and Gratefulness to the Palate. Yet in the midst of all our Varieties, we may do well to remember that the Stomach seldom really wants any of those extraordinary Helps: And tho' they might be, if us'd with suitable Caution, very serviceable to the Spirits on some particular Occasions; yet their infatuating Charms are apt to steal insensibly on us into settled Habits, easily byassing our judgments and rendring our Remarks too partial: So that instead of cherishing the gentle Flame of Life, which spends fast enough of it self, they very often, especially in young Persons, by raising it too high, hasten its Extinction.

XXXIV. *Cyder* is usually reckon'd among the most wholesome Drinks; yet

yet all that passes under that name ought not to be esteem'd so : For upon due examination 'twill appear that there's scarce any thing more unfriendly to the Blood, injurious to the Nerves, and apt to produce Rheumatisms, Colic's, &c. than sharp fretting and degenerate *Cyder* ; tho' too frequently in use. Either sometimes through unsuitableness of the Year, causing *Apples* to be small and of unkindly Juice ; or, in plentiful Years, want of due care in choosing 'em ; or unskilfulness in managing the Liquor afterwards ; or carelessness of the Vessels ; it usually happens that the far greater part of what is made proves unfit for Drinking ; and 'twere well if every one would think it so, and accordingly reject it. But then there's a further mischief : if 'twill not pass Muster in its first shape as *Cyder*, 'twill serve with

with other Ingredients, at least equally unwholsome tho' dextrously ballanc'd, to help out those artificial Mixtures commonly call'd Wines; which we too often purchase at the dear rate both of our Money and Health. Yet neither these, nor any other, Censures can reasonably be levell'd at *Cyder* in general: For, as no kind of Drink is more differing in Degrees; so there's some of such exquisite Goodness that 'tis beyond the reach of Detraction; having, beside its compleat fineness, the true and lively Taste of the Apple; moderately sweet, but not luscious or clogging, and pleasantly quick, without the least Fretting or Harshness. What is thus qualify'd may very deservedly be rank'd among the best of Drinks, as not only wholsome but Medicinal; agreeable to the Stomach; Anti-scorbutic, or correcting the

the Dyscrafie of the Blood ; cleansing the Kidneys, without any Tartareous Reliques ; and chearing the Spirits, like Wines, with far less hazard of the same intoxicating Effects.

XXXV. Nevertheless it must be acknowledg'd, That the Medical Virtues of *Apples* are much better exerted when plentifully eaten raw, than in the use of *Cyder*, tho' never so accurately prepar'd. For the rich fragrant and attemperating sweetness of their Juice is always, in some measure, lost in the Fermentation ; or at least overpowr'd by those more spirituous Parts which it necessarily acquires : And tho' it still remains a very grateful and wholesome Drink ; yet, coming nearer to the nature of Wine, 'tis not a little impair'd in its sweetning cooling
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ing and Laxative Qualities. But the long and plentiful use of *Apples*, at such Times as the Stomach is most empty, does very much correct that vicious or preternatural *Acid*, to which Scorbutic, Hypochondriac and Hysteric Constitutions are obnoxious ; sweetens and enriches the Chyle ; facilitates its assimilation with the Blood, and thereby accidentally fattens ; resists Melancholy, and cheers the Spirits, by a more easy and regular Distribution of 'em ; attemperates the Bile and Pancreatic Juice ; taking off their troublesome Effervescence, when, either through the Oyliness of the one, or too great acidity of the other, it exceeds the Laws of Nature* ; and keeps the Body evenly soluble, beyond any of the most Artful Compositions. As 'tis no easy matter to

*Sylvius de leBoe,
Prax. Med. l. i. cap.
xi. de vitiosa Bilis
& Succi Pancreat.
Effervesc.

to exceed in the Number or Quantity ; so the best way of Eating 'em, is raw : For by Roasting, not only the thinner parts of their Juice are exhal'd, but what remains is very much alter'd and made Flatulent from those Particles of rarify'd Air receiv'd into 'em. Yet these Medicinal Benefits are not to be expected from *Apples* in common : 'Tis only those of a rich fragrant and well-temper'd Juice are recommended ; such as *Golden Pippins*, *Permaines*, and the larger sort of true *Pippins* commonly call'd *Kentish* : The first of which, being soonest ready, may be eaten for a Month or longer ; and then the other sorts in course, according to their successive Ripeness.

XXXV. But whilst I am touching upon the various kinds of Drink in common Use amongst us, it may

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be thought a Crime if I should be altogether regardless of those Modish Liquors so very much in vogue with Persons of the higher Rank and more polite Conversation ; *viz. Coffee, Tea and Chocolate.* The first of these, if we may credit the Learned and most judicious Dr. *Willis*, that great *Hippocrates* of our Age, insinuating into the Blood and Nervous Juice those adust particles where-with it abounds (as is manifest both from the Smell and Taste) by their incongruity and quickness of Motion, irritates the Spirits to a further Discharge of their Functions on the exterior and interior Senses ; and forcibly keeps open those Pores in the Cortical part of the Brain longer than the sluggish Spirits, which before were dispos'd to make their usual Retreat, would otherwise have admitted. But being thus kept upon

upon the stretch, they are in a great measure depriv'd of the friendly access and assimilation of those adapted Particles of aerial Matter which are so highly necessary for their Refection or instauration. By the too liberal Use of this charming Liquor, the Blood is apt to acquire an unusual acrimony, and become adust, retorrid, and less fit for Nutrition; the Nervous Systeme weaken'd, and a Trembling very often ensues. 'Tis more especially hurtful to lean, Bilious and Melancholy Constitutions, by impairing the Spirits and rendering 'em more exasperated and unquiet. But to many Plethoric Bodies, of a cold Temperament, and obnoxious to Rheums, Catarrhs, Head-ach, Flushings, Drouziness, &c. the moderate use of it is often very advantageous.

Tea is drying and somewhat astringent ; comforts the Head and Stomach, assisting the Memory and promoting Digestion ; dispels Drowsiness, Head-achs, Vertigo's, &c. is friendly to the Nerves ; useful to Gouty, Rheumatic, and Hypochondriac Persons ; opens Obstructions ; cleanses the Blood and Kidneys, and is a good Preservative against the Stone or Gravel. The *Chinese* use it as a great Remedy in most of these Cases. The only inconvenience attending the use of it, is a Gripping or gnawing Sensation near the *Pylorus* in some few, from its contest with a sharp saltish Acid which their Stomachs abound with. Tho' that is easily prevented by a small quantity of the Salt of *Wormwood*, or a drachm of *Crabs-eyes* or *Oyster-shell* Powder taken with a glass of Water three or four Mornings

ings in a Week. The other kind of *Tea*, commonly called *Bohee*, never excites any such Pain, being much softer in its nature; and, beside most of the Vertues ascrib'd to the former, is very happily recommended for a nourishing Design, as also to correct a sharp *Lympha* arising from the Dyscrasie of the Blood, in thin Hectic, or Scorbutic Constitutions.

Chocolate is likewise not improperly rank'd among the better sort of Analeptic's; and yields an wholesome, agreeable, and fattening Nourishment. The Nut distill'd by a Retort, affords a copious Oily Flegm of a sweetish Taste, and afterwards a soft Alkalifate Spirit: Whence Authors infer that 'tis suited to Consumptive Cases, Catarrhs, or dry tickling Coughs, and not a little Beneficial in the Scurvy, by

attemperating a saline acidity in the Stomach, Blood, and Lymphatic Glands.

There are many other Particulars which might have been taken notice of in this first Part, by way of Caution or Recommendation ; such as Garden or other Fruits, Pulse, Esculent Herbs, Roots, &c : But, beside the intended Brevity, I would not willingly descend to those lesser Things ; in which the impartial Remarks of each considerate Person, are a better Direction than any that can be given by others.

The End of the First Part.

A N
ESSAY
ON THE
Recovery of Health,

PART II.

I. **P**HYSICK, in the larger accep-
tation, leads us into the spa-
cious Field of Natural Philosophy;
claiming for its adequate Subject
all the kinds of Natural Bodies; And
its Scope is no less than the exquisite
knowledge of 'em, in their first
Causes, Principles, Qualities and
Accidents, In the vulgar and more
restrictive Sense, properly call'd *Me-
dicine*, 'tis confin'd to Humane Bo-
dies,

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dies, as its principal Subject : And may deservedly be esteem'd a very Honourable Science ; because it directs us to an accurate knowledge of their admirable Structure and various Dispositions, in order to the Preservation and Improvement of present Health, and the Recovery of what is lost or impair'd.

II. This, so highly useful, Faculty or Science, whose worth is always duly acknowledg'd by such as lye under the immediate want of it, has been usually divided into five Parts ; *viz.* 1. *Physiologic* ; which includes all things concurring to the Constitution of our Bodies : As, Their first Principles, Humors, Temperaments, Spirits, Parts, Faculties and Functions. 2. *Pathologic* ; which respects the Body in a Morbose State ; labouring under a deprav'd

deprav'd *Diatbesis* or preternatural Disposition, and manifestly hurt or impair'd in the Discharge of its natural Actions : including the various Kinds, Differences, and Complications of Distempers ; with their respective Causes, Mutations, and Symptoms or Effects. 3. *Semeiotic* ; which contains both the Diagnostic or distinguishing Signs of those Distempers ; whether Essential or Accidental, Sympathic or Idiopathic ; Of predominant Humors ; Of the Parts affected ; Of the Actions hurt, &c : And the Prognostic ; respecting their Duration and Events. 4. *Hygieine* ; which treats of a State of Health, and what is naturally conducive to the Preservation of it. 5. *Therapeutic*, or the Sanative Part ; which lays down first the general Method of Practice, and then the particular Indications ; together with the

the various Kinds, Compositions and Operations of Medicines.

III. But my principal Design was, as before-hinted, to take a greater Latitude than the orderly Treating upon any of these; and give only some miscellaneous Thoughts by way of Caution and Direction, bordering upon the two last; *i. e.* relating to the Conservation of Health in such as have the great Happiness to enjoy a good measure of it; and the Recovery or Improvement thereof in those who have the Misfortune to labour under the contrary Experience. And having in the former Part touch'd upon the One, I proceed in this to consider the Other.

IV. The more general *Therapeutic* or Practical Intentions, for the restoring of Health where 'tis lost
or

or impair'd, are usually these, *viz.*

1. To *Evacuate*; when the Blood or other subservient Humors offend either in Quantity or Quality. And this might lead to the various kinds of Evacuation; *sc.* Universal; as Bleeding, Vomiting, Purging, Sweating, &c; Or Particular; as Blistring, Sneezing, Expectoration, &c; Together with the Ends, *i. e.* Diminution, Revulsion, &c.
2. To *attemperate* and correct any kind of deprav'd Alterations in the Fermentative or Nutritious Juices, whether the Blood, Saliva, Lympha, Bile, Pancreatic Juice, &c; by a skilful adhibition of such Medical Helps as are opposite to those vitiated Qualities.
3. To *excite* and assist the *Spirits*, when they are broken, clogg'd, or in any measure depress'd: By the more brisk and penetrating Medicines; Alkali's both volatile and fix'd;

fix'd ; Alexipharmic's, consisting of Oily volatile Salts ; Vesication, &c. Or, 4. To *reduce* 'em into their natural Eutaxie and Temper, when exalted too high through a vicious Effervescence of the volatile Salts and *Sulphur* of the Blood ; or hurried into violent Disorders and unequally dispers'd : Either by Phlebotomy and refrigerating Medicines, especially of the Nitrous Kind ; Or by the soft allurements of mild Purgative's ; Or such Medicines as abound with fetid Volatile Parts, and are apt to rouse, disturb or, as it were, drive home those subtil Wanderers from their irregular Excursions.

V. As every Distemper is an *Adiathesis, seu Dispositio præter Naturam* : So likewise are the adequate Remedies ; and therefore no better suited to a sound Constitution than Meats
of

of the grossest Nourishment to the most infirm. The best of Cordials, if customarily taken in a State of Health, would be so far from improving the Orgasm of the Spirits, that they would too much rarify, dissipate and exhaust 'em; after a little transient refreshment really leaving 'em more heavy and torpid, unless the same or other brisker Supplies were in some short time successively repeated. For Instance hereof: *Saffron* has been deservedly plac'd in the first Rank of Cardiac Medicines, and consists of oily volatile and penetrating Parts, excellently suited to the Rarefaction and Expansion of the Spirits, when they are become languid, unactive or oppress'd by some Heterogeneous Mixture: Yet if taken too freely whilst the Fermentative Salts of the Blood are duely active and need no assistance,

assistance, it gives 'em too violent an agitation, proves injurious to the Head, perverts the necessary Functions of the Brain, and very powerfully dissipates or dissolves the Texture of the Spirits ; thereby becoming accidentally, through the too rash unskilful and excessive Use of it, rather a Poyson than a Cordial. The same may be said of all other Things that abound with spirituous and inflammable Parts ; when they are too frequently or unnecessarily us'd. And indeed 'tis strange that any Persons who will but impartially exercise their Reason can suffer themselves to be gull'd into such pernicious Customs of Quacking with their Stomachs by the use of what they call Cordials, (as is too often observ'd) only from an erroneous imagination of needing those little transient Supports :
instead

instead of remembering that Nature always, whilst undisturb'd by oppressing Maladies, does her own work most happily without the interposition of Art; and that the best Preventive Physick is Temperance, joyn'd with moderate Exercise and an easy Mind.

VI. To tamper often with *Purg-
ing* Medicines (especially some of the stronger Sorts) by which many think to keep off remote Evils, commonly proves the most direct way to hasten 'em, and spoil a sound Constitution. For how can it be otherwise, than that the troublesome irritation and spasmodic Contraction of the Nervous Fibres for expelling the awkward Medicine, which had before mix'd with the Fermentative Juices, must needs very much weaken the inner Coat of
the

the Stomach, and send off a considerable part of what might have been useful to Digestion? Nor is the subsequent violence offer'd to the *Bile* and *Succus Pancreaticus* without its Mischiefs: For many times there is scarce a sufficiency of those useful Fluids left to discharge, for a while, their natural Offices (which may be some Reason of the succeeding Costiveness, as well as inanition, or the austerity of the Medicine); and what is so unnecessarily run off, acquires such an acrimony, that it weakens the Peristaltic Motion of the Guts, by irritating fretting and relaxing their tender Fibres, and scouring off that peculiar Mucilage which should defend 'em. But the far greatest detriment, when Purging is violent or excessive, is to the Blood it self: For the Cathartic offensive Particles
mixing

mixing and circulating with the Blood, (after they have equally assaulted both the Noxious and Nourishing Juices; and too often made a Prey upon the Latter) Ferment, disquiet, fuse, or melt down the whole Mass; pour off too much of its Serose Parts; weaken its *Crasis*, and not a little impoverish it for a Time. The *Lymphatic* Vessels also suffer by such continued irritation, and send off no small part of their useful Liquor; instead of employing it to cherish and dilute the Blood. In a Word; The strongest sorts of *Purges* give a Shock to the whole Animal Frame; being too great a Force upon Nature, inimical to the Spirits, and highly offensive to all the Fluid Oeconomy: as is plain from what the Learned Dr. *Willis* observes*, and is also sufficiently obvious to every One that has been much acquainted with Practice; viz. That

* *Pharmac. Rat.*
p. 98. de *Purgat*
tione.

the Blood, so fus'd or melted down by the Heterogeneous Parts of the Medicine, when the Evacuation by Stool has been scarce proportionable or by any accident too soon checkt, endeavours to free it self from the incongruous Mixture by throwing it off, with innumerable small watry Pustules, into the Habit of the Body. If that Principal Fluid be then so liable to suffer in its Balsamic Richness, and to have its due Consistence broken, or for a while impair'd, by an unnecessary or too frequent use of the stronger Purgings Medicines, Reason will suggest That 'tis far more adviseable for those who have the Happiness of enjoying a good Constitution, either to take none at all; or, if any, such as are but little more than Laxative, and give no farther disturbance than smoothly to cleanse the first Passages; cooling attemperating and gently sending off the super-

superfluities of the *Bile* and other Glandular Juices ; and thereby preventing their troublesome Effervescence : Nor indeed these too often, so as to induce an habitual Expectation of 'em, and render the *Bile* less active in the Discharge of its Office. As to the Cacochymic or more infirm Constitutions : In some few the Texture of the Spirits is so exquisitely nice, that they can't bear the Attacks of any Purging, and scarce of a Laxative Medicine : And in others, who seem to suffer no present inconvenience, often venturing unadvisedly on the stronger Cathartic's, is not, perhaps, so very Safe and Beneficial at long Run, as vulgarly thought.

VII. *Vomiting* is a violent preternatural or inverted Motion of the Stomach, by the help of those strong

I 2 Carnous

Carnous Fibres advantageously dispers'd over its second Coat, for the sudden throwing off, by its upper Orifice, any thing that is offensive. The innermost, commonly call'd the Nervous Coat, is of the most exquisite Sensation, and immediately takes the genuine impressions of whatsoever is receiv'd into the Stomach ; thereupon moving the next or Carnous Coat to embrace or reject 'em, as they appear either grateful or troublesome : And according to the Degree of their incongruity, or as they are found more or less offensive, the Stimulation is directed either upwards for the speedier Relief, or by the lower Orifice (if the Provocation be not very great) as the more easy and natural way. The milder sorts of artificial Vomits, as warm Water or Decoction of *Carduus*, either alone or assisted with Salt

Salt of *Vitriol*, *Oxymel* of Squills, &c. or the late Modish *Ipecacuban* * are very often not a little Beneficial: For they safely bring up whatsoever fluctuates in the Cavity of the Stomach; and therewith that tough ropy and ponderous Flegm which usually sticks so fast to the *Plicæ* and small Wrinkles of it, that most Purging Medicines are apt to pass over without giving it any great Disturbance. But there are many stubborn Chronical Cases that require the more Draftic or stronger sorts of Vomiting Medicines: And then the *Duodenum* is likewise affected with the same Convulsive or inverted Motion, by consent with the Stomach; till that violent Concussion reaches also the neighbouring Parts, *sc.* the *Pancreas* Mesentery, Spleen, Liver with the

* An Indian Root, much us'd with Tea for a Vomiting Design; very easy and safe in its Operation.

Forus Bilarius, and Conglomerated Glands; easily removing their Stagnations or Obstructions, and liberally sending up whatsoever is Excrementitious redundant or a Clog to their respective Functions. Whilst the straining is thus protracted, the Extremities of those many smal Arteries lying under the *Crusta Villosa*, being very much irritated, plentifully pour out into the Stomach the Seroſe Recrements or vitiated Parts from the Maſs of Blood; to be diſcharg'd thence in each ſucceſſive Paroxyſm of Vomiting: as the ſame great Author, laſt mention'd, * aſſerts. Thus it happens many times that one ſingle Emetic Doſe, judiciously preſcrib'd, will do more for the exterminating of ſome Chronical Diſtempers than any Purging Medicine ten times * exhibited; and with-

* *Pharm. Rat.*
Par. 1. p. 56.

* *Pag. 55.*

without any Degree of the same Detriment to the Blood. But notwithstanding these great Benefits : To use the milder sort no oftner than real Necessity requires, and always be very cautious of strong *Vomits*, is, if any, an Error on the right Hand : For, however some may think, the Hazard of relaxing the Tone of the Stomach readily suggests That 'tis no very slight matter to venture on 'em without clear Indications ; from the nature of the Symptoms, and a true judgment of the Medicine, the Dose, and the Patient's aptness to bear it.

VIII. That the Blood usually undergoes a kind of Efflorescence upon the first approaches of the Sun to our Hemisphere, in some degree of Proportion to the Spring without us, is no improbable Conjecture : But

whether it be adviseable, as a general Rule, to Bleed, Purge, or enter on a Course of Cleansing or Sweetning Diet-Drinks, &c, on that account, unless for those Constitutions wherein the Juices and Volatile Salts are apparently vitiated, or such as have been accustom'd thereto; may be reasonably question'd. Nature has her proper Emunctories, the Glands, dispers'd over all the Parts of her curious Frame; and 'tis at least probable in the more Healthy Constitutions, if let alone, would very happily perform such Depuration without so many officious intrusions of Art. As, in respect of Eating, they really deserve Pity who have long had the misfortune to be enslaved by an over-nice and luxurious Appetite: So do they no less, who, upon some trivial or perhaps imaginary occasions, have involv'd themselves

selves so far into the Drudgery of Physick, that they can scarce with safety make a Retreat. Physicians, as the Professed Servants of Nature, should be always ready with seasonable Aids, waiting for her Sovereign Dictates and diligently observing all her Efforts; but with a due Caution that they never usurp her peculiar Province, by acting too rashly without those Intimations; nor then Wrest the work out of her Hands, either by hurrying too fast, or prescribing contrary Methods: Having still in remembrance that Golden Axiom of the deservedly Great *Hippocrates*, 'Ἡ Ἰατρικὴ μάλιττα καὶ φύσιν ἐστίν; or that of the Learned *Cardan*, *Non Artem Natura, sed Ars Naturam imitatur*: Which will hold good so long as the use of Medicines shall be known in the World. *Physick*, in short, is one of those great Blessings

Blessings of Bounteous Heaven bestow'd upon Mankind, to alleviate the manifold Miseries of frail Nature: And all who either slight and neglect it on urgent Occasions, or else unnecessarily use it, are guilty of an Extreme in perverting the true Ends thereof. The Former might do well to consider, That the general Method of Divine Goodness in conferring Benefits on the World, is by a regular Course of Second Causes; joyning a Vertue and Efficacy to those subordinate Helps which he has appointed. That He could as easily have given an instantaneous Birth to all Created Beings, as to have us'd that Progressive Method in raising such a magnificent Fabrick; either out of Nothing, or a confused Heap of lifeless and unactive Matter, wholly unsuited to so Glorious a Work: And that, To
expect

expect the Removal of those Personal Afflictions by virtue of certain Periods absolutely predetermin'd ; or in any other manner than by a Blessing in the use of Ordinary Means, is an high Affront to his Wisdom and Providence, and the direct way, if persisted in, to incur that horrid and most detestable Sin of Destroying our selves. As to the latter Sort ; who, enjoying the great Happiness of an Healthful Constitution, out of vain Curiosity or conceited Skill, are always trying to mend what so many Thousands would prize above the World : Their infatuation often shews it self in the legible Characters of an Artificial Decay ; and the best Advice that can be given 'em, is to inculcate that excellent *Memento* of the greatest Friend both to Body and Soul, *The whole need no Physician.*

IX. As

IX. As was hinted before of *Purg-
ing* and *Vomiting* ; so likewise the
unskilful use of *Diaphoretic* or *Sweat-
ing* Medicines, is often attended with
no small inconveniences ; and some-
times hazardous to the greatest De-
gree. In respect of these, as well
as other Parts of the *Materia Me-
dica*, 'tis highly necessary to make
a right Judgment in what Cases, or
what Time of the Distemper, they
are proper and requisite ; and where-
in improper or hurtful. As also
what kinds of *Diaphoretic's* are most
adapted to the various Symptoms,
Constitutions or Complications :
Whether such as are simply Spiritu-
ous, or Saline ; Fix'd or Volatile ;
Alkalifate, Nitrous, Sulphureous, &c ;
or those of a mixt nature, whose
Virtue consists in the united Parts
of the whole Concrete. Without
a competent Knowledge of these
Things,

Things, both in the Theory and confirm'd by Practical Experience, frequent Blunders must inevitably be made ; and sometimes either to the Patient's irreparable Detriment, or, at least, protracting the Disease. What mischievous Effects have we often seen from the unwary use of *Sweating* Medicines, especially the more Spirituous Sorts, in the beginning or increase of Continual Inflammatory Fevers ; whether Essential, *i. e.* such as are primarily seated in the Blood and Spirits, or Symptomatical, *i. e.* arising from the injury of some particular Part ! If the Blood, either through unfriendly Acido-saline Particles deriv'd from the ambient Air, violent Heats and sudden Colds, or any internal Cause, has already suffer'd some Degree of Coagulation ; is grown fizy or glutinous ; nothing but Hurry and perturbation
in

in the Spirits ; its vitiated *Sulphur* and Fix'd Salts altogether crude and undigested ; or the Glands, in attempting Relief, have thrown off some of the more thin and acrious Parts into the Muscular interstices ; thereby inducing greater Mischiefs, through a Particular Inflammation, than before whilst fluctuating in the common Mass : At such a Time, instead of checking it by due Bleeding, to heighten the rapidity of the Circulation, and further relax the *Συνδεσμός* or orderly Constriction of the several Parts which make up that Noble Fluid ; or fuse, melt down, and dissolve its already vitiated *Crafsis* ; must needs very much encrease the acrimony of its thinner Parts, and the fizziness of the other ; as also dissipate the Spirits, and give great advantage to the Distemper. How often is the Nervous System hereby violently

violently shock'd, which before seem'd but little or not at all affected ; *Delirium's* unnecessarily usher'd in ; and the whole Oeconomy of the Spirits broken beyond expectation ! How often, in the beginning of Rheumatifms, Quinsies, &c, does the rash exhibition of one single Hydrotic Medicine increase and more than double the Secretion, Inflammation, and thereby the Fever : And all this for want of discerning the Case from those lighter Disorders that commonly happen through an ordinary Cold, or some little Remissness in the *Non-naturals* ! But notwithstanding such inconveniences, alledg'd from the unseasonable use of Diaphoretic Medicines, in those acute Distempers which we call Inflammatory ; it must be allow'd that there are many times, after the principal Relief
by

by Bleeding, advantageous opportunities wherein the use of 'em, especially those of the Absorbent or Alkalifate kind, is not only warrantable but highly necessary. Reason therefore will easily suggest how indispensably requisite it is for all that would interpose in these weighty Affairs, to be well-grounded in the whole System of Physick ; and in particular, *Pathology* : That they may be able to make an early judgment of every Recess from a Natural State ; Or, if it should at any time appear intricate or obscure at the first View, to trace it through every *Mæander* and *Proteus* Shape ; carefully observing the various Efforts of Nature ; and, with a Tenderneſs proportion'd to the Work they engage in, always ſuiting their Methods to the clearest Indications.

X. And

X. And not only the stronger sorts of internal *Diaphoretic* Medicines (which, with no small expence of Spirits, fuse the Blood, relax its Globular Parts, quicken the Circulation, and often precipitate too much of its useful *Serum*) ought not to be us'd without due Caution and Advice: But the other ways of raising a *Diaphoresis ab extra*, by *Baths*, Natural or Artificial, are not to be ventur'd on at unseasonable Times, or without due Preparation and a proper *Regimen*, nor persisted in to an excessive Degree, or too often repeated. The Artificial *Thermæ*, - or *Hot Baths*, were so much in vogue with the antient *Romans*, that from their *Emperors* and Others of the first Rank, they grew into common Use among the Citizens. *Polydore Virgil* describes 'em to be * *Loca assignata, quæ*

**Lib. 3. cap. 14.*

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aut

aut Aquis calentibus aut igne calefactis lavandi sudandive usum præberent. He enumerates the chief of 'em, with their Magnificence ; and, quoting *Capitolinus*, affirms That *Commodus*, *Gordianus junior*, &c. bath'd in 'em

* *Geor. Fabric. Roma. cap. xviii.*

five or seven (* *Fabricius* says seven or eight) times a Day in the Summer ; and twice in the Winter ; *Thermisq; cœnitasse*. But it must be suppos'd they us'd 'em for Pleasure, and not for a Sweating Design. *Celsus* thought the Custom of daily Washing was conducive *ad prosperam valetudinem conservandam*. * *Lipsius*

* *Antiquit. Rom. Lib. 3. de Thermis & Balneis.*

reports that the *Thermæ Antonini* had 1600 Marble Seats for Bathing ; and *Diocletian's*, 3200 ; beside the *Cellæ Soliæ Piscinæ*, &c. * *Galen*,

* *10. Meth. Medendi, cap. 10.*

who was very eminent in Physick (especially in the

the Time of *Antoninus Pius*, *M. Aurelius* and *Commodus*) and a great Friend to Bathing, mentions the several Parts of their *Balnea*: Which

* *Sennertus* further explains ; *viz.* The first Apartment, of a warm

* *Tom. 1. p. 596, 597. de Balneis.*

Air, proper for undressing, &c : the next much warmer, *aeremq; solum ex igne subjecto calefactum continens* : in which, by the Hot Air, both receiv'd into the Lungs and insinuating it self by the relaxed Pores, or further assisted by the admission of Hot Water, the Blood and other Fluids were thin'd and dispos'd to a plentiful Perspiration of what was either Burthensome or useless. The other Apartment more temperate, and furnished with all requisite Accommodations ; particularly Cisterns of Hot and Cold Water ; to be us'd *pro arbitrio*, for refreshing the Mus-

cular Parts and clearing the Skin, in order to Friction Unction &c. [But in our modern *Baths*, the latter ought not to be omitted for a Close, (since Unction is diffus'd) to give a due Constriction to the Pores, and defend 'em against the injuries of the open Air; especially in such as forthwith expose themselves to

it]. The word *Balneum*

* Qd. βάλλει
τὰς ἀνίας.

or βαλανεῖον imports the Benefits of it; i. e. Be-

cause it dispels Heaviness, relaxing the Mind as well as Body. The moderate use of *Hot Baths*, after due Evacuations, is very refreshing to the Limbs, and helps to dissolve or discuss any Stagnations of the more viscous Saline Recrements in the Cutaneous or other Glands: and is not only agreeable but highly advantageous to many Constitutions; if the frequent or long Use of 'em

does

does not too much weaken, and rather dissipate than relieve the Spirits. But, in as much as the *Hypocaustum*, or *Bagnio*, by its actual Heat and reverberating Arch, gives an Accension and Rarefaction to the enclos'd Air, deprives the Spirits of their liberal Refreshments from the Volatile Aerial Nitre, accelerates the Pulse and Respiratory Organs, and offers a kind of violence to the Blood with the other various Fluids ; it must needs be post-pon'd to those Natural *Hot Baths*, or rich anodyne and penetrating Fomentations, springing up from subteraneous Veins ; highly impregnated with Volatile Oleose Salts, proper to cherish the Lamp of Life ; and supported in their Warmth or active Energy from a Collision of Sulphureous Particles (according to the Sagacious Dr. *Leigh*, in his accurate

Natural History, *Lib. 1. p. 39, 40*); or of *Iron, Nitre* and a *Sal sui generis*, with a more than double Proportion of *Sulphur*; (according to the Learned Dr. * *Baynard*).

* *Postscr. to Sir J. Floyer's Essay on Cold Baths, p. 213.*

For they not only answer all the Ends of the *Hypocausta* and Artificial *Thermæ*, as to Penetrating, Discussing, Relaxing, &c, together with the admission of full Refreshments from the open Air (coming nearest to the ancient Pool of *Bethesda*); but are also very much assisted in those Intentions by internal Use, from their softning cleansing or Balsamic Virtue, and smooth Volatile Salts excellently adapted to refresh the Spirits, strengthen the *Genus Nervosum*, and dissolve any Concretions in the Nutritious Juices, or viscid Obstructions of the Secretory Glands. Neither are the *Cold Baths*,

so much us'd of late, without their deserv'd Eulogies and signal Benefits (whether they be Artificial from a Solution of *Nitre*, *Marine Salt*, &c; or Natural, from Volatile Saline Particles ingenite, or imbib'd (as the said Learned Dr. *Leigh* supposes, *Lib.* 1. p. 53, 54.) from the ambient Atmosphere. In thin Constitutions, of a weak and tender Habit, the Spirits and Native Heat are often not only dissipated too fast by insensible Transpiration (which, according to that nice Observer, *Sanc-torius*, in his *Med. Statica*, may be excessive as well as deficient) thro' too great a Laxity of the Pores and Cutaneous Glands ; but the subtil Particles of the Ætherial *Nitre*, when sharpen'd by disagreeing Changes of Weather, plentifully insinuating themselves thro' those numerous Passages, are apt to impart an unfriendly acrimony

mony to the Mass of Blood, coagulating or at least precipitating its serose Parts : Whence Colds, Catarrhs, Tooth-achs, Rheumatic Pains, Agues, &c. (*secundum magis est minus*) do ordinarily ensue. To anticipate or redress all inconveniences of this nature, the *Cold Baths* seem to be the greatest Specific, if backt with a Cold *Regimen* : For, by giving a moderate Constriction to the Pores, contracting the relaxed Membranes, and restoring the Fibres to their proper Tone, they hinder such unnecessary expence of Spirits, give a due Consistence to the rarify'd Humors, repell and preserve the scatter'd Native Heat, and accidentally warm invigorate and harden the Muscular Parts ; guarding 'em against the many common injuries from the ambient Air. What can be more consentaneous to Reason than that Remark of Sir *J. Floyer* in

in the Dedication of his Essays, viz.
“ That the management of our Con-
“ stitutions ought to be suited to the
“ Climate we live in : And as stop-
“ ping the Pores by a Cold *Regimen*
“ in Hot Countries excites Fevers
“ and Fluxes ; Keeping ’em open
“ by an Hot *Regimen* in Cold Coun-
“ tries, is usually attended with De-
“ fluxions, Intermitting Fevers and
“ Faintness ? But whether his so
general Recommending, by the in-
serted Catalogue of Distempers, what
most are ready to think a Risque in
the safest Cases ; and unnecessary
touching at a settled Religious Rite ;
may be thought exorbitant, I don’t
pretend to determine. And shall only
take the Freedom to hint That,
reciting the 25th Aphorism of *Hip-
pocrates*, Sect. 5. [Τὰ ὃ ἀρθροῖσιν οἰδή-
ματα καὶ ἀλγύματα, &c. “ Cold Wa-
“ ter largely pour’d on the Part af-
“ fected,

“ fected, cures Swellings and Pains
 “ in the Joynts, &c.] He seems
 too partial in passing by *Aph.* 18.
 Τὸ ψυχρὸν πολέμιον ὀστέοισιν, ὀδόντι, νεύροις, ἐγκε-
 φάλῳ, νοτιάῳ μυελῷ. Τὸ δὲ θερμὸν, ὀφέλιμον;
i. e. Cold (Bathing) is inimical to the
 Bones, Teeth, Nerves, Brain, Spinal
 Marrow: But the Hot, profitable.
 That the τὸ ψυχρὸν, or τὸ θερμὸν, which
 he uses in his Aphorisms, without
 mentioning Fomentations, Affusions
 or Baths, equally relate to 'em all;
 we have Sir J's own Assertion, p. 54.
 And amidst his laborious search for
 Authorities to back his ingenious
 Sentiments; it's strange that a very
 apposite one in * *Sen-*

* *Tom. 1. Instit.*
Med. 1. 4. c. 7.
de Balneis.

nertus could escape: *viz.*
Frigida vero Aqua partes
quidem, quas attingit, refrigerat; ex
accidenti tamen, poris conclusis, atq;
intro repulso & coacto calore, calefa-
cit. Unde si ex dissipatione calor na-
tivus

tivus periclitatur, Frigida tempestive exhibita eum recolligendi & conservandi non parvam vim habet, totumq; Corpus, & imprimis carnosam Musculorum Substantiam firmat.

XI. *Resting Medicines* (which we commonly call *Paregoric* from their *Comforting*, *Hypnotic* from their *Sleepy*, and *Narcotic* from their *Stupifying Effects*) are to be us'd with at least as much *Caution* and *Judgment* as any of those that most strongly *Evacuate*; being not only disagreeable but highly injurious to some particular *Cases* and *Constitutions*, as well as advantageous to others. The constant *Vicissitudes* of *Watchfulness* and *Rest* (as was briefly hinted, *Part I. Sect. X.*) are so absolutely requisite to a regular *Discharge* of the respective *Functions* both of *Body* and *Mind*; that

that an excess on either hand, especially if protracted to any considerable Time, necessarily calls for the interposition of Art. Against the former and more frequent of these Extremes (as well as for all other Medical Intentions) the Divine Philanthropy has not been wanting in its adequate Provision. But, without insisting particularly on the various Products of fertil Nature interservient to this End, or the Difference, in respect of Efficacy or Safety, between what our Native Soil affords and those that are Exotic; under the general and well-known Term of *Opiates* I shall touch a little on 'em, both as to their Usefulness and Hazard. That their Narcotic Force consists in a strong fetid Sulphur, heightened by a fix'd Salt and a crude Earthy Matter, diametrically opposite to the Texture of
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the Animal Spirits, we have the Authority of the most judicious Dr. *Willis*, so often already quoted * ; to whom the Learned Moderns have generally paid a very great Deference. Nor is it needful to recite the differing Sentiments of *Dioscorides*, *Avicenna*, *Paulus Aegineta*, *Freitagius*, *Doringius*, *Schenkius*, *Tillingius*, *Wedelius*, *Hartman*, *Schroder*, *Platerus*, *Sylvius de le Boe*, *Lemery*, *Dr. Harris*, &c, and the great Author first mention'd ; or *Dr. Jones* in his new Theory of *Opium* : either as to their Coldness or Heat, Noxious or Friendly Effects ; and the manner of their affecting the Animal Spirits : whether by Extinction as Poysons ; or simply retarding fixing or restraining 'em for a Time ; or by a pleasing Sensation, from an (imaginary) *Sal Volatile Oleosum* imparted

* *Pharmac. Rat.*
p. 1. *Seft. vii.*
cap. 1. *de Medicam. Opiatis*

imparted to the Animal Spirits by the Nervous Filaments of the Stomach, and thence transmitted more immediately *per consensum* to the Brain it self, as well as in the ordinary Course of Circulation : And the rather because most of 'em appear too partial to their own *Hypotheses*, either in a way of Prejudice or Commendation. It's most certain that the skilful use of *Paregoric* Medicines is not only safe but highly or rather absolutely necessary in many Cases that occur in the Practice of Physick ; where the Patient's Constitution by an *Idiosyncrasy*, or peculiar Texture of Spirits, does not forbid 'em. In Quieting and reducing the impetuous and irregular Motions of the Animal Spirits ; when by any sudden Excess of Passion, Dyscrasie of the Blood, &c, they are unhappily irritated

ritated and hurried into violent Disorders ; the seasonable Exhibition of the milder Resting Medicines, especially if joyn'd with such things as comfort and strengthen the Nervous Systeme, very rarely fails of due *Encomiums* from their agreeable Effects. Likewise when the Spirits are too much acuated, or grown fierce, and unapt to make their usual Retreat ; influencing too long the Sensory Organs, and especially the *Cortex* of the Brain ; such Defect of natural Rest is often very happily supply'd by mild *Paregoric's*. In Delirious Affects, which are yet further Degrees of their Stimulation Ataxy and perverted Functions ; all those affrighting irregularities do very often quietly yeild to such Medicinal Helps. For an Anodyne Intention ; in the most acute Pains, whether of the Gout, Stone, Dysury, inveterate

inveterate Pulsatory Head-achs, Spasmodic Contractions of the *Viscera*, *Diarrhæa's*, Dysenteries, Nervous Colic's, Catarrhs, Convulsive *Asthma's*, &c, the charming Effects of a well-proportion'd *Opiate* (through its retarding the Circulation of the Blood, straitning the Nerves, and checking that tumultuous irruption or disorderly influx of the Spirits, which is the most usual and immediate Cause of Pains) are wont to recommend it as a $\pi\acute{\iota}\ \Theta\epsilon\iota\omicron\nu$ or Heavenly *Nepenthe* ; and too often decoy the unwary Patient into the perpetual Drudgery of continuing and increasing it. But notwithstanding all these and other Benefits accruing from the skilful use of *Opiates*, 'tis no less certain That Medicines of so great Force, which, by either an Error in the Dose, or ignorance of the peculiar Constitution of the Patient,

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tient, or a mistake of the Distemper
or of some complicated Symptoms,
may as effectually kill as *Aconitum* or
Arsenic, are not to be dallied with,
or rashly ventur'd on without due
Caution and Advice; being no more
fit to be arbitrarily administred by
every conceited *Quack*, than a naked
Sword intrusted in a Mad Man's
hands. That in some particular
Cases or Complications, (whether
in Plethoric Bodies that are highly
Cacochymic; or after a great ex-
pence of Blood and Spirits; or other
very large Evacuations, as in the *Hy-
percatbarfis*; Or in Paralytic, Apo-
plectic, or Hydropic Constitutions,
wherein an increate and brisker di-
stribution of Spirits is wanting; Or
more particularly in the *Orthopnoea*;
Habitual laborious Coughs, which
need Expectoration, and are excited
to that End; Malignant Fevers;

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the cold Paroxysms of Intermitting Fevers, &c.) the Mischiefs of one single Dose rashly given, are too often irreparable. And, That all those bold Intruders into the Province of Physick who are too partially bent on the general use of *Opiates*, must inevitably send not a few of their unhappy Patients prematurely into the other World. Particular instances whereof are mention'd by

**Pharm. Rat. p. 1.
Sect. vii. cap. 2.
de Opii Nocu-
mentis.*

that great recited Author, Dr. *Willis*,* from his own Knowledge and Observation: To which many others, of a fresher Date, might be added.

XII. Common Experience has abundantly shown that the most innocent and Efficacious Medicines, when unskilfully or indiscreetly us'd, often prove rather hurtful than Beneficial.

neficial. To instance yet further in One or Two of 'em. *Chalybeats*, which are deservedly plac'd very high in the Province of Physick, and may justly claim the chief Room in the Cure of Chronical Distempers (whether falling under the general Heads of *Scorbutic*, *Hypochondriac* or *Hysterical*; or more anomalous) are not to be ventur'd on in Persons of an ill Habit, or Labouring under inveterate Obstructions, without the preparatory use of proper Evacuations, and Dissolving Aperitives: Otherwise 'tis odds but the unfortunate Patients will suffer those violent Headachs, *Vertigo's*, Feverish Disorders, straitness and inflammatory Pains in the *Hypochondria*, &c. which are wont to succeed such Rashness and inadvertency; and be deter'd from the most Proper, if not the only Effectual Means for their Relief.

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lief. So likewise in the unwary Use of those long celebrated *Chalybeate Waters* of *TUNBRIDGE*; which contain so happy a Ballance of the *Iron-Ocre* and *Vitriol* (their Principal Ingredients) that they may very well be esteem'd one of the most Noble and useful Branches of the *Materia Medica*: What an Hurry and Disorder of the Spirits, Pressur at the Stomach, Dizziness or Pain of the Head, Flushings, Feverish Heat, &c. are often excited in Cachectic Bodies, for want of such due Preparation, and taking 'em in a small Quantity, especially at the Beginning! Tho' they are certainly next to the *German-Sparw*, which are not a little impair'd in bringing over, the greatest Remedy in Nature for such Constitutions: Both for De-obstruent intention, and invigorating or Restoring the vitiated *Cra*

of the Blood ; repairing the Volatile Salts which should keep up its even Fermentation ; correcting and enriching its subservient Juices ; as also, by their moderate and agreeable Acidity, improving the Appetite and promoting the regular Ferment of the Stomach, with other succeeding Offices conducive to Nutrition. And there's the greatest Reason to think That whatsoever those Noble Medicinal Springs have at any time suffer'd in their Reputation, or rather that they have not obtain'd an Universal Applause, is owing to the want of due Preparation, or irregularities in the Use of 'em, or an Excess in the Quantity : All which inconveniences by taking and observing good Advice are easily anticipated. For, the impartial Remarks of all that have been acquainted with Practice, have set it beyond the reach

of Contradiction, That the surest way to find agreeable Effects of, or reap lasting Benefits from, either a *Steel Course* or Drinking the *Waters*, is by a very cautious Beginning, a moderate Progress and long Continuance. Neither are those celebrated *Nitro-Sulphureous Waters* at *BATH*, (tho' better suited to a genuine *Phtbisis*, Easing of Pain, penetrating, discussing, allaying Inflammations, resisting Putrefaction, &c; which, from the Nature of *Salt*, either Nitrous or Common, and *Brimstone*, are not difficult to be accounted for) equal to these for correcting the Dyscrasie of the Blood, with the whole Train of depending Symptoms, when over-run with a vicious saline Acidity; restoring its native Richness or laudable Consistence; promoting its regular Distribution, and preventing or dissolving the unhappy

happy Concretions of Gravel or Calculous Matter. The next Instance, and all that, for Brevity's sake, I shall mention, of Inconveniences accruing from the unskilful use of the best of Medicines; shall be in that great Blessing of Propitious Heaven, the *Peruvian Bark*: For which, instead of those many ill-natur'd Aspersions it has met with from virulent Tongues, an Emulation of the highest pitch of Gratitude would be but a reasonable Tribute. What if Some few, thro' Ignorance or vain Curiosity, have attempted to make it a more Universal Medicine than Nature has design'd; by using it indiscriminately in all kinds of Fevers: And have not only fail'd of Success, but found apparent Mischiefs ensuing? If Some have too rashly ventur'd on it, not only in Periodical and Symptomatical *Pleurisies, Rheumatisms, &c.* (which re-

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quires

quires a very accurate Judgment and Observation, and sometimes proves too great a Risque), but the most Genuine or Essential; when there has been some little appearance of Remission: and soon found Cause to repent it? If Others have heap'd it too fast on weak Stomachs, or *Asthmatic* Constitutions; so that the subsequent inconveniences have seem'd to over-balance the first immediate Relief: Or have not backt it with other necessary Aids, to give a due Expansion to the Spirits, when more

than ordinarily * depress'd? Must the Medicine be condemn'd for the ill or indiscreet Use of it; any more than the most wholesome Food or choicest

* Notatu non prorsus indignum fore conjicio, *Febres* nuperas *Intermittentes*, seu potius magnà ex parte *Remittentes*, tum circa *Æquinoctium Vernale* tum præsertim propè *Autumnale* plus minus undiquaq; grassantes, *Spirituum Orgasum* solito magis deturbasse, ac quantatenus evicisse. Quarum indoli (ut credere fas est) ansam præbuere *Exhalationes acido-salinæ viscosæ pinguiore* & quasi *Ναρκώσεως Sulphureæ*

choicest Wines, because some have unwarily plung'd themselves into Fevers or Surfeits by a Disorderly use of 'em: And the many Thousand instances of such real unquestionable Benefits accruing therefrom as are beyond the reach of Envy it self, ungratefully overlook'd? That 'tis in its own nature truly Cordial, Stomachic, Antiscorbutic, Euphractic (rather than

Sulphureæ participes, vim Atmosphæra elasticam & Spirituum expansivam è Diametro oppugnantés: ortæ ex insueta lenissimi Aeris ac Pluviarum serie, per Hyemem ferè integram ultimo elapsam nec non Æstatis dimidium protensâ. Hæ *Corticem Febrifugum* (uti Re Medicâ versatis plane innotescit) absq; adminiculis tam Spiritibus erigendis quàm M. S. Concretioni dissipandæ idoneis, ægrè quidem tulerunt: ac deinceps ejusdem vires, ni insuper vel *Alkalizatis* vel *Amaro-Chalybeatis* vel saltem *Amaris*, Dyscrasia Sanguinis corrigeretur, non raro eluserunt. Utriq; Intentioni, *Emeticis* mitioribus ut plurimum præmissis, nunc *Fulapium* nunc *Decoq.* seq. pro vehic. *Cort. Peruv.* (Velicantium ope annexâ), ac demùm *Amaro-Chalybeata*, semper quàm efficacissima expertus sum. *R. P. Cort. Peruv.* opt. $\mathfrak{z}$ ii. *Sal. Absynthii Theriac. Androm. an.* $\mathfrak{z}$ ss. *Syr. Caryophyl. q. s. M. fi. Elect.* *R. Aq. Lact. Alex.* $\mathfrak{z}$ xiv. *Tinct. Castor. & Sacch. Perl. an.* $\mathfrak{z}$ j. *Sal. Volat. Succini & C. C. an. gr. xv.* Vel. *R. Rad. Serpent. contus.* $\mathfrak{z}$ j. coq. in Aq. F. $\mathfrak{H}$ iij. addendo sub finem *Flo. Cham.* $\mathfrak{z}$ j. *Cochinel.* $\mathfrak{z}$ ss. Colat. $\mathfrak{H}$ ij. instillentur gut. lxxx. *Spt. Sal. Armon.* *R. Chalyb. cum Sulph.*

Sulph. præp. ʒj. *Sal. Absynth.*
 ʒij. *Extr. Gentian.* q.s. *Fi.*
Massa Pilularis. Vel *ʒ Tinct.*
Mart. Myns. pt. ij. *Absynth.*
Batean. pt. j. utend. *Horis*
Med. vehic. quolibet ido-
 neo.

than obstructing)
 friendly to the
 Blood and Spi-
 rits, the safest as
 well as surest

Asylum in those Cases to which 'tis specifically adapted, and never attended with any ill Consequents unless when improperly us'd, or too soon discontinued ; is easily demonstrable both from Reason and the Universal Experience of unprejudic'd Persons. As it has hitherto born up its Head against the keenest Shafts of Detracting Malice ; so there's no Room to doubt but its Reputation and Use will be handed down with augmented Eulogies to Posterity. But if the customary Taking of ʒj. every Three Hours, were chang'd (where the Fever is not very acute nor the Intermissions short) to ʒij. once in Four Hours,

ad

ad vii. vel. viii. vices ; then twice a Day for xii. or xiv. Days ; and afterwards once a Day for xiv. Days longer, without any intermission : such seeming Fulness at the Stomach, or the Vapourish Faintness (through a slow Distribution of Spirits) which commonly attends the hasty Taking of it, would not only be prevented, but the Febrile Ferment very rarely exert it self, either in a Return of the Paroxysm, or in any other differing Shape.

XIII. The Blood very seldome undergoes any preternatural Efferescence, wherein the Diminution of its Quantity by *Bleeding* is improper. The Neglect or Delay of it is indeed often deservedly lamented ; but the early Use, very rarely, if ever. When the augmented Heat has given too great a Rarefaction to

to the whole Mass ; distending the Vessels for want of sufficient room to display it self ; accelerating the Pulse and Circulation, and very much disturbing the Orgasm of the Spirits : The Vital Flame, before supported by ambient Air and a regular contest of opposite Volatile Salts, derives not its wonted refreshing influences from the One, nor impulsive Energy from the Other ; but is oppress'd, or rather in some Degree suffocated, by Oily Sulphureous Steams too plentifully excited. Yet these, upon a speedy and well-proportion'd Emitting Part of the Boiling Blood, are in a good measure Breath'd out ; and the Remainder more easily subdu'd by those Volatile Salts : Which now, upon abatement of the *Pletthora*, begin to break thro' their Clog, and resume their former activity in a successful

cessful Conflict with the Febrile Ferment ; both by throwing off the contracted Siziness, and resisting a further Coagulation. How happily the more acute Inflammatory Fevers are thus often crush'd in the Beginning, or at least checkt and dispos'd to a good Event in the use of other proper Methods ; both Reason and impartial Experience cannot but attest. In the slightest sort of *Fevers*, or Feverish Disorders, call'd *Ephemeral* because usually terminating in Twenty Four Hours, arising from an Hurry or agitation of the Spirits through some kind of Error in the *Non-naturals* ; moderate Bleeding, tho' not absolutely necessary, is both a Relief and Security against its farther Protraction, or changing into some more dangerous Shape. In the *Synochus*, Simple or Putrid ; *Causus*, or other *Species* of Essential inflam-

inflammatory Fevers, (whether proceeding from an Acid or Bilious Ferment) early Bleeding, *pro re nata*, is so necessary, that the stress of the Cure depends on it: Without which, other Endeavours to assist the Spirits, by Cordials, Sudorific's, Blistring, &c, too often either not a little heighten their Ataxy, or at best prove ineffectual: Unless, to convince us what a Risque is run by the Omission or Delay of Bleeding, unerring Nature exert her utmost Efforts in a plentiful Hæmorrhage; or else a Critical *Diarrhæa*, when the Blood through such Neglect undergoes a Depuration, and throws off its noxious Recrements by those small Arteries terminating in the Glandules of the Intestines. In Symptomatical inflammatory Fevers, as *Pleurisies*, *Peripneumonies*, *Quinsies*, &c, the use of Bleeding is generally known, and pra-

practis'd by every one that pretends to the Healing Province: But in the necessary Proportion and seasonable Repetition of it, not a few, through Ignorance or Prejudice, are often miserably wanting. Indeed when the Pain and Inflammation are Symptomatical, and depend on a malignant *Fomes* in the Blood and Spirits, from a sharp Volatile Acid dissolving the orderly Tone of the one and due *Crafsis* of the other; the Indications are quite otherwise: But, as the Occasions of such Distinction very seldom happen; so they are most like to be truly judg'd of by such as are best skill'd in the Rational as well as Practical Part of Physick. The Benefits of moderate Bleeding in Fevers that intermit, if not too often repeated and tim'd with due Exactness, *viz.* near the approach of the Paroxysm, and the Reasons

Reasons of its frequent Elusion thereof, might also deserve to be mention'd ; if Propitious Heaven had not so liberally furnish'd us with a most certain and adequate Remedy for this particular kind of Affliction. But though *Phlebotomy* be so advantageous and highly necessary in most of those Feverish or other Disorders which are apt on every light Occasion to surprize us ; 'Tis no less certain that there are not only some kinds of Fevers, through the whole Course whereof its altogether improper ; but some particular Times in others, wherein it ought to be avoided : As in the *Pleuritic* ; when Nature, for want of such timely Relief, has gain'd a plentiful *Anacatharsis*, or Expectoration ; it being very unreasonable that Two contrary Intentions should be carried on at the same Time : So likewise in the *Scarlet Fever*,

Fevers, Measles, Small-Pox, &c ; after the hurried Spirits have disengag'd themselves from the Morbific Matter, and are making an advantageous Retreat towards their former Rectitude. Nor is it any more to be recommended than *Purging*, to such as enjoy an uninterrupted State of Health, and have no evident Signs either of a *Plethora* or Depravation of that Nutritious Liquor. For why should we be unnecessarily Tampering, or over-curiously endeavour to mend that natural *Eucrasie* which is so valuable of it self, and needs none of the improvements of Art ? 'Tis enough that we have recourse to this safe and apposite Remedy upon vitious Alterations, excessive Repletion, *obscured Vasa vel Vires*, Stagnations, Slowness and difficulty of Distribution, or irregular Fermentations : Which, if not too often perform'd

on the less urgent Occasions, and with a favourable Hand, is so far from impoverishing that it rather enriches the whole Mass, by a larger assimilation of new Chyle, and improving the Appetite : as is observable in many that have grown more robust and fatter upon frequent, if moderate, Bleeding. As to that idle Whimsie which deters Multitudes from being let Blood in such Indispositions as they think don't carry a mortal Aspect, *viz.* That they may reserve this as the last Card (to use their vulgar Expression) or have the better chance to ward off the Fatal Stroke by that first Effusion of Blood; it's difficult to determine whether it more deserves Pity or Ridicule. Undeniable Experience has abundantly shown That they who have been accusom'd to Bleeding usually bear it, and the occasional Repetitions thereof,

of, under the Shocks of Acute Distempers, with far less Detriment to the Spirits, than others of the like Age ; and with at least an equal Share of all those Benefits expected from it.

XIV. After These brief Remarks on the Universal Evacuations (with a few of those other numerous Branches of the *Materia Medica*) ; it may be here thought reasonable that I should descend to the Particular ; with their Benefits and Inconveniences : And propose, at least some of the Principal Therapeutic Intentions in the management of Distempers, under those general Heads of *Acute* and *Chronical* ; and of each again in their several *Species*. But, as this would further intrench on the Brevity at first intended : so 'twould carry me too far into the

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boundless Field of *Pharmacology* ; as if I had engag'd in a Practical *Synopsis*. However I shall take leave to insert a Word or two, respecting those general Distinctions. *Acute Distempers* are either such as primarily disturb the interior Senses ; pervert the necessary Functions of the Heart, Brain, &c ; intercept the Course of the Animal Spirits ; subvert the Rational Operations ; or invert the orderly Motion and amicable Offices of the whole or any part of the Nervous Systeme : as *Syncope's, Vertigo's, Convulsions, Lethargies, Phrensies, Violent Vomitings, Nervous Colics, Iliac Passion, &c.* Or such as give an inordinate Motion and preternatural Effervescence to the Blood, from an Heterogeneous Ferment depraving its Volatile Salts and Regular Fermentation : as *Fevers*. And these are, 1. Such as arise from
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the imprisoning of those offensive Salino-Sulphureous *Effluvia* which ought to be continually exterminated by the Pores ; irregularities in Diet, or other Branches of the *Non-naturals* : as the *Ephemeræ*, and most benign sorts of *Continual Fevers*.

2. Those which take their Rise from an acrious saline or acid Ferment, either ingenite or deriv'd from the vitiated Nitre of the Air ; coagulating the Seroſe Parts of the Blood, and ſtraitning or hindring its orderly Reflex by the Veins : as, *Quinſies*, *Pleurifies*, *Peripneumonia's*, or other *Inflammatory Fevers*.

3. Such as may perhaps claim ſome affinity to theſe from their Procatartick Cauſe ; yet the Concretion, being leſs viſcous, more eaſily yields to the impetuous Efforts of the Spirits, and Colluctation of the Bilious Volatile Salts ; always ſuffering 'em to come

off with Periodical Trophies of Victory, *i. e.* Copious Sweats, Secretion of the Precipitated or Fix'd Salts plentifully subsiding in the Urine, and a regular Pulse, till those scatter'd acido-saline Particles, or Reliques of the Morbific Ferment, unite and rally again : as the most genuine *Intermitting Fevers*. 4. Such as are of a mixt nature, and give further Disturbance to the Volatile Oleose Salt and Balsamic *Sulphur* of the Blood ; having their Periodical Triumphs more obscure and imperfect : as the *Remitting* or *Erratic intermitting Fevers*. 5. Such as in an higher Degree inflame alter and corrupt those Oily Sulphureous Particles ; offering greater Violence to the Oeconomy of the Spirits, *Genus Nervosum* and most Noble Parts : as the *Bilious Peracute Continual Fevers*. 6. Such as consist in certain Particles of

of a Putrid inflammatory Matter, from a congenite Acid lying Dormant in the Mass of Blood, till excited by some external Cause and a peculiar *Diathefis* of the Spirits; and then by their united Efforts prepar'd for Excretion and Suppuration in the Surface of the Body: as the *Small-Pox*, *Measles*, &c. 7. Such as, from a Poysonous or corroding Volatile Acid, dissolve the very Texture of the Blood, dispose it to Putrefaction and Worms (observable by Microscopes) Triumph over the Nervous Systeme, and extinguish the Spirits: as *Malignant* and *Pestilential Fevers*. *Chronical Distempers* are such as vitiate impoverish or interrupt the Fermentative and Nutritious Juices, obstruct or retard the Glandular Secretions, weaken the *Viscera*, excite irregular Ferments, and gradually tend to a Subver-

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sion of all their reciprocal Benefits. In general, they may be said to arise from Austere Acido-Saline Sulphureous and Bilious *Cacocbymies*, or Depravations of the Juices: and these again may be considered as Viscous or Seroſe. What unhappy Alterations they are apt to produce in the Blood and its intervient Fluids, may be easily gueſs'd at, if we conſider

1. The Radical or Morbific Taint which is uſually impreſs'd on the Chyle in ſuch Conſtitutions; from too great aſterity of the Fermentative *Lympha* ſeparated in the Glands of the Stomach.
2. The imperfect Depuration it receives, thro' a diſorderly Ferment of the *Bile* and *Pancreatic Juice*; leaving it, for the moſt part, too crude and viſcous.
3. Its difficult paſſing the *Lacteal Veſſels* and *Meſenteric Glands*: ſome of the Mucous Parts adhering to and ſtrait-

straitning or obstructing those exquisite Porous Passages. 4. Its unfriendly assimilation with the Blood, clogging the Volatile Salts and impairing their due Fermentation; that first Acidity, carry'd from the Stomach, not having been sufficiently temper'd with the Oily *Sulphur* of the Bilious Juice; nor well diluted afterwards by a copious affluence of the *Lympha* from the Conglobated Glands. 5. Those Volatile Salts being not only render'd sluggish and unactive, but often intangled with an heavy Mucous Matter, thro' the ill Mixture and slow Fermentation of the Blood; it's no wonder if the whole Concrete falls short of its due Transcolation and proper additional Ferments from those eminent Glandulous Bodies, the *Liver* and *Spleen*; or if Stagnations sometimes happen in the minute Pores of their Conglomerated

glomerated streiners ; or in the other numerous Glandules advantageously dispers'd thro' all Parts for separating the redundant *Lympha* ; and either that or the *Bile* regurgitate into the common Mass, to clog and further impoverish it. 6. From the Crudity or Saline Acidity of the Blood and Lymphatic Juice, a very scanty Refection and slow Distribution of Spirits and the *Succus Nutritivus*, will necessarily follow : and the Muscular Parts being depriv'd of their Elaborate Nourishment, will either grow bloted and stult with a crude Excrementitious Matter unapt for Nutrition, or wither'd and contracted : or else the *Lympha* will stagnate in their Glands, and over-power the Blood by a cold unactive *Serum*. 7. The Propension of the Blood, when vitiated in its *Crasis*, to one of these hazardous Extremes ; viz. Either

Either from the Stimulation of its pungent degenerated Salts, to lose its rich Ballamic Texture, and not only melt down but profusely strein off, with the Urinous Excrement, the thinner Parts of its sweetest and most Nutritious Substance: Or, on the contrary, from a *Plethora* or excessive Thickness or too close Cohesion of its constituent Parts (occasion'd by an acid viscous *Lympha*, or Defect of the natural Lixivious Ferment, or clammy Oppilations, in those small Glandulous Fibres of the Kidneys) to retain its offensive *Serum*, ting'd with the Excrementitious Salts, much longer than the Laws of our Constitutions will admit; and thereby impoyson or subvert the whole Oeconomy of the Spirits: Or else, from the prevailing austerity of its Seroſe Parts, and too high Lixivial Ferment in the Glandulous Substance

Substance and Papillar Caruncles of the Kidneys, to produce Sandy or Calculous Concretions. From

all which, We may easily account for the whole Train of Chronic Distempers ; Whether Scurvy, Jaundice, Hypochondriac or Hysteric Affects, Cachexie, Chlorosis, Atrophy, Phthisis, Dropsies, Asthma's, Catarrhs, Fluxes, Scorbutic Colics and Rheumatisms, Gout, Stone, Gravel, Diabetes, Ischury, Strangury, &c. As to the

Methods of Cure. In all Distempers, either *Acute* or *Chronical*, a due Respect must be had to the Difference of Causes and Complications ; Which, as 'tis absolutely necessary for the Patient's Safety ; so it distinguishes Rational Practice from Empiricism. And since Irregularities in Diet or vitiated Changes of the Circumambient Air, are allow'd to be the more general Causes of Distempers,

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stempers, especially those of the latter *Classis* ; I need not enforce the Reasonableness of having a just Regard to both : And shall only take the freedom to suggest, That in vulgar Practice if the Diætic Part were regulated with more Care and Judgment, and the Medicinal sometimes abridg'd, 'twould perhaps be no Disadvantage to the Patient : As also, That in such Distempers as are either occasion'd or heightned by incongruity of the Atmosphere ; To persist in endeavouring Relief barely by Dint of Medicines, without Redress on that Behalf, is not only unwarrantable but hazardous to the greatest Degree. That the Air, in such low Fenny Countreys as have a fat Loamy Earth, usually abounds with Volatile Sulphureous and Saline Particles, unfriendly to the Texture of the Blood and Spirits ; and
that

that these are not only receiv'd into the first Passages by Swallowing and Inspiration, but further transmitted into the Mass of Blood, and too often coagulate its thinner Parts or dissolve its laudable *Crafsis*, precipitate the Nutritious Juice, sour the *Lympha*, obstruct the Conglobate Glands design'd for its Separation and Subservience to the Chyle; and in short usher in either a Confirm'd *Scurvy* or very often a Scorbutic *Phthisis*: is very accurately prov'd by the judicious Dr. *Leigh*, in his Discourses of the *Scurvy* and

*Consumptions**. And whether no small Part of those *Consumptive* Cases which so frequently occur in our Northern Clime, are not either directly Scorbutic, or at least bordering upon it; *i. e.* taking their Rise from an acidosaline Depravation and Concretion of the Nutritious Juices; may, perhaps, deserve

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deserve to be consider'd. If so ; then we may justly suspect the too common Methods of endeavouring Relief by incrassating Medicines or *Opiates* (*viz.* By constriction of the relaxed Glandular Fibres, to retain on the Mass of Blood those incongruous Saline Parts which the proper Emunctories had with their united Force been striving to separate) ; or at best by Digestive Pectorals : instead of removing with the milder sorts of *Emetics*, early exhibited and timely repeated, those Stagnations of vitiated Juices in the *Primæ Viæ*, which both deprave and clog the Chyle through its whole Passage from the Stomach to its Axillary Port ; and then endeavouring, by proper attenuating and sweetening *Antiscorbutics*, to free the obstructed Glands, dissolve the Concretions, correct the *adipathesis*, restore the due Mixture,

Mixture, and cherish the Volatile Salts of the Blood.

XV. The knowledg of *Pharmacy* is indeed highly requisite to, and no mean Part of the Medical Science: But if this be all, tho' never so accurately attain'd to, it makes but an *Empiric* of the more accomplish'd sort. For the Principal Qualification of a Physician, is a particular *Genius* of his own, strengthen'd by good Reading and frequent Observation, to apprehend the true *Ætiology* of Distempers, in their Essence, Causes, Symptoms and Events: together with their various Complications, the Difference of Constitutions, and in what Degree the Spirits are affected, or the Principal Functions injur'd obstructed or threaten'd: Otherwise it's the greatest odds imaginable, that he can never deduce right Conclusions,
or

or direct his Thoughts most successfully in discerning and prosecuting the real Therapeutic Indications. For without this necessary Ground-work, his best Endeavours to relieve the miserable Patient, especially in any Case that is complicated or uncommon, can be no other than Shooting blindfold at a Mark : and tho' he must sometimes chance to hit, after a multitude of random Shot promiscuously thrown in ; yet he scarce knows where to place the Success, for his present or future Information. If so great a Difference in Constitutions, and in the nice Complications of Distempers, very often occurs (as every observing Practitioner must readily acknowledg) from a peculiar Texture of the Spirits, or the different influence they receive from the various Disproportions of those many jarring Particles in the Mor-

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bific Ferment ; that the same Symptoms are heighten'd in one Patient by those very Methods which have happily quash'd 'em in others : What advantage can be expected from a whole Magazine of Medicines, without passing a right Judgment on such Idiosyncrasie, and latent Complications ? What can it avail us to know That large Bleeding, Emulsions, Oyl Draughts or other Expectorating Medicines are Beneficial in a *Pleurisie* ; if we ca'n't make a true Distinction between the more common Sorts (whether Genuine or Spurious, with their respective Indications), and such as are Malignant : Since the usual Methods in ordinary Pleuritic Cases, would be inevitably Fatal to the latter ? As he can scarce claim the Name of a Physician, or at least is very unfit to Practise, who has not a competent Knowledge of Medicines

Medicines in their Nature and Use, according to the best Discoveries hitherto made; tho' he may be never so well read in Philosophy or the Theory of Physick: So, on the other Hand, To be exquisitely acquainted with all the modern improvements in Pharmacy, and have the whole *Materia Medica*, simple and compound, *ad Unguem*; without being well grounded in the Nature, Causes, and Differences of Distempers, with their various alterations; and knowing when and how to place 'em; in what Complications they are hurtful, and in what laudable and requisite; will render his Qualifications at least equally imperfect, or indeed rather much inferior to the Former. For, whatever some may imagine to the contrary, They that prescribe the fewest Medicines, if they are not wanting in Visits and the due Exercise

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cise of their Thoughts, have certainly the advantage of observing best the several *Stadia* of the Disease; together with the Efforts of Nature towards a *Crisis*; and affording the most seasonable Helps: Whereas Others, by over-acting their Part, keep the Spirits always as it were upon the stretch, and often render it more difficult to know the true Degree of their imbecillity or strength; *i. e.* whether they exert themselves, in contest with the Morbific Matter, from a peculiar Energy of their own, or purely from an Artificial Violence continually offer'd to 'em. In the former Respect, any appearance of advantage is usually attended with an happy Progress; but in the other it very often proves transient and deceitful. The Faculty of *Physick*, deservedly valuable for its Dignity Usefulness and manifold

nifold Improvements, is very far from being so barely Hypothetical or Conjectural as vulgarly thought (Tho' the empty Boasting and very rare Performance of ignorant Pretenders, swarming almost in every Corner, seem to have afforded too much Ground for so mean an Opinion): but may vie with most other Sciences for the Clearness of its Principles, Reasonableness of its Methods, and Certainty of its Ends. And though it must be acknowledg'd, That at some particular times Anomalous Distempers do show themselves, impoysoning the Spirits from the vitiated Changes of that external Air which we draw in for their Refreshment; and at first view may seem to stagger the most discerning Physician: Yet Reason will easily suggest whether He or the less thinking Empiric be the more competent

Judge of, or likely to find out, their true Nature and Causes; together with the most apposite Method of Cure.

XVI. Nor is there any Art or Employment whatsoever, in which the improving of Seasons and Opportunities is so absolutely necessary. For nothing can be more certain than That the same Distemper is very often either Curable or Mortal, or at least very Safe or highly Dangerous, according to the different Times wherein the Physician is engag'd. If this were more generally believ'd, and duly weigh'd, so many Thousands would not run the great Hazards which they usually do, by slighting their Distempers in the Beginning, and very often suffering 'em to pass their first Stages, either without any assistance, or perhaps
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that which is worse: Till the manifest Decays of Nature produce a change in their apprehensions; and nothing but the pale-fac'd Monarch seems to be in view. Then an *Hippocrates* that can restore, revive, and work Miracles on a sudden, would be the most welcome Person in the World. This might also serve to refute a vulgar, and too commonly pernicious, Mistake of many who are otherwise sensible enough, in sending first, especially when they apprehend no great Danger, for some easy unexperienc'd *Medicaster*; who has the Reputation of being a Safe Man, knows how to Bleed, give a Purge, Vomit or Cordial, raise a Blister, &c; and, if he does no Good, will be sure to do no Hurt. The Character indeed looks very plausible and taking: But the Mischief is, whilst these supposed Safe and Gene-

ral Methods are pursu'd, the Distemper undergoes some surprizing Turn ; appears with a new, but more terrible Aspect, and the opportunity for a speedy and almost certain Recovery is too often trifled away ; which perhaps might have been accomplish'd with fewer Medicines and less Charge than what were thus unhappily bestow'd. So that Ignorance, tho' backt with the greatest Caution, can with no more Colour of Reason be recommended as a Foundation of Safety in these Matters ; than of true Devotion in others of a more sublime Nature : And the greater Eminence any do arrive at in the Faculty, should be esteem'd rather the more conducive to their Patients advantage in point of Skill, than any ways lessening of a just Concern for 'em. In the most genuine *Pleurisies, Rheumatisms, Quinsies, Asthma's,*

Asthma's, &c, the great Mischiefs occasion'd by neglect, or even a few Hours delay of Bleeding, and the Reasons of it, especially when the Relief is first attempted by Diaphoretic's, are sufficiently known to every One who is not a Novice in Practice. And not only the Delay, but, in great Inflammations, want of Bleeding in due Proportion is always highly Injurious, and very often Fatal: Witness the Instances of such as have fallen into the sad *Catastrophe* of an *Empyema*; and either obtain'd the more speedy *Exit* by a sudden Suffocation, or miserably dwindled away in an incurable *Phthisis*: who, by the early loss of a due Quantity of Blood, might have been happily secur'd. I have known One of those reputed Safe Men, such as will be sure never to do any Hurt, whose common Custom in the beginning

ginning of *Pleuritic* Fevers, was to give some suppos'd Specific Sweating Medicine (tho' nothing is really so great a Specific as the *Lancet*); and order Bleeding next Day, if no amendment, to the Quantity of Six or Seven Ounces; at the most, because Blood is the Life. Such an Extreme of Caution and Tenderness was very pleasing at first to the Ignorant Patient: But the usual Result was, that next Day the Fever Inflammation and Pain were so intensely heighten'd, that the frivolous Bleeding would give 'em no check; and then he modestly distrusted his own Skill, desiring further Advice might be call'd in: Whereas if he had immediately taken away Sixteen Ounces at the first, and kept his Medicine to himself, its probable all appearance of Danger might have been prevented, And how often is there

there an Opportunity lost in the worst sort of Intermitting Fevers ; when the Paroxysms are very long, the Spirits and Nervous Systeme much affected, the Sweats bearing no just Proportion, and the Digestion, *per Diuresin*, or Secretion of the vitiated Salts from the Blood, very little, or at best imperfect ! The Empirical Endeavours for Relief are too commonly by repeated Bleeding, Vomiting, Purging, outward Applications, or some insignificant Cordials ; till at last, on a sudden, the Scene is chang'd, and a more Tragical one offers it self : For the *Crisis* of the Blood being more broken, and the Febrile Ferment heighten'd in its acrimony by those unseasonable Evacuations, the Spirits at length wholly truckle to it ; and then a stop is put to those little Triumphs of Nature, the Intermissions ; a continu'd

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Delirium usually falls in; nothing to be seen but a very discouraging Prospect; and 'tis odds but the Patient, who before was thought to have been in an Hopeful Way, is in a short time carried off: Whereas it's, at least, highly probable that a moderate Quantity of the *Peruvian Bark*, joyn'd with some good Alexipharmic or brisk Cordial consisting of Volatile Alkalifate Salts, and *Blistring pro re nata*, would have speedily secur'd him from the Danger. These and many other Parallel Instances that might be given, not imaginary but too often Matter of Fact, are sufficient to convince any Thinking Person, that it's the greatest Husbandry and Prudence to engage early the best Advice: and that they are the safest Physicians to be entrusted who are best skill'd in the *Ætiology* of Distempers; can fore-

foresee their various Alterations and Tendencies; prescribe not a multitude of Medicines, but take the utmost care to place 'em seasonably; and, from confirm'd Experience, will be sure to slip no Opportunities that may occur for doing what most directly tends to their Patients Safety.

XVII. In Matters of far less Moment, Men are more generally guided by the Dictates of Reason; and not so easily impos'd on by any kind of empty Pretensions. If the Title of an Estate, wherein they are concern'd, be never so little suspected, they'll spare neither Pains nor Cost for a right Information. If their Mansion-Houses are injur'd by Tempestuous Weather, or any other kind of accident, they'll repair 'em early, both for present convenience and to avoid greater Charge. But
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for their brittle portable Houses of animated Clay, yet infinitely more valuable than the other, they are usually less Solicitous: And tho' some few are guilty of the other Extreme; *i. e.* by continual needless Repairing hasten their Ruine; many more are apt to leave 'em, when violently shockt, either solely to the Care of their first Architect, neglecting all subordinate Props, or intrust 'em with some mean and unskilful Artists, to save a little more Trouble, or rather to retrench the Expence: and which is the greater Folly, seems difficult to be determin'd. But, to throw off the Allegory. As *Physick* is an Employment of the greatest Weight, next to that which takes Care of the more Excellent Part: So it must be acknowledg'd, from the clearest Proofs both of Reason and Demonstration,

stration, That the Event very often, and especially in Acute Distempers, depends in a great measure upon the first management : Which, when it happens to have been directly improper, must needs very much thwart the orderly Efforts of Nature, heighten the Ataxy of the Spirits, and further debilitate the perverted Functions ; ushering in a new Set of more terrifying Symptoms, and greatly enhancing the Patient's Danger. This necessarily suggests how highly requisite it is for every One that assumes so useful a Province, both to be duely grounded in that particular Faculty, and acted by a Principle of Honour and Conscience : which will be an inducement to proportionable Care and intenseness of Thought in forming the first *Idea's* of every Indisposition, observing its Degrees or Complications,

tions, especially if intricate or uncommon, and tracing out the true Causes both Antecedent and Con-junct; that he may with the better assurance direct his Measures accordingly. In most other *Arts*, a Man may easily retrieve his first Mistake; but in this it too often proves a very difficult, and sometimes impracticable Task: especially when by an excessive or unwary use of Medicines, not well adapted to that particular State or *adiathesis* of the Spirits, their genuine Colluctation with the Morbific Ferment is obscur'd and broken. For if the general Way of skilfully administering Medical Helps, whether in any vitiated Alterations of the Juices, preternatural Accension of the Blood, Prostration or inquietude of the Spirits, &c. is by a well-adjusted Exhibition of Contraries; grounded on a
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right Judgment of the respective Causes : The unhappy Aggravations consequential to other Methods, when attempted through Rashness or Ignorance, are easily inferr'd. To instance yet more particularly. If we give *Acids* in *Pleuritic* or *Nephritic* Cases ; which are generally allow'd to take their Rise from Coagulations : If in the Acute Bilious Fevers, to which *Acid* or *Nitrous* Medicines are adapted, we heighten the intense Heat and Perturbation of the Spirits by *Volatile Alkali's* or *Spirituous Cordials* ; and change the Genuine Symptoms into others of a more dangerous or, as it were, malignant Aspect : If under the Shape of ordinary Distempers, especially those called *Hysteric*, a latent Malignity be impress'd on the Spirits, and either undiscern'd or not made the chief Subject of our Therapeutic

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Endeavours : Or if we indiscriminately treat every Chronical *Aphro-*
nia with the same Methods, of copious and repeated Evacuations (particularly Bleeding) Refrigerating Medicines, Opiates, &c ; without making a just Distinction between the more ordinary Kinds, wherein the Blood is too turgid or redundant, and the Spirits exasperated hurried or rais'd beyond their Natural Pitch ; and Others that proceed from Degeneracy, Poverty or too languid Fermentation of the Blood, and Defect, Depression or irregular Distribution of the Spirits : We may very often chance to joyn with the cruel *Atropos* in short'ning the Fatal Thread, instead of helping the other friendly *Sisters* to protract it. 'Tis not to be doubted but that Thousands in the *Small Pox*, by an over-hot *Regimen* and liberal use of the warmer

warmer sorts of Alexipharmic's, in the first *Stadium* of the Distemper, wherein the Spirits are usually stimulated and driven into an excessive Hurry of themselves, have had the *εὐλαξία* of the Blood, as it were, melted and broken, and the Morbific Matter unseasonably thrust out in a very Fluxing Degree; which otherwise, if judiciously manag'd, or left wholly to the Time and Endeavours of Nature, might have prov'd much more Distinct, and by consequence far safer in the Event. And how often has it happen'd in such Chronical *Asthma's* as depend upon a viscid Tartarous Matter straitning the *Bronchia* of the Lungs, with their numerous Ramifications; that some have, either rashly or ignorantly, made Trial of *Opiates* (tho' perhaps in moderate Quantities) to palliate the Cough when more than ordinarily trouble-

some : because they have found such Medicines highly useful in the more sudden Convulsive *Asthma's*, and against other Coughs proceeding from a sharp Rheum which the Blood has thrown off by the Glandulous Coat of the Windpipe ! But how vastly differing have the Effects soon appear'd : when the Expectoration, which ought to have been zealously promoted, has in a few Hours wholly ceas'd ; the *Bronchia* of the Lungs, as also the lesser contiguous Pipes, become extremely stuff'd, and, after a sort, wedg'd up ; the other Organs subservient in Respiration, *viz.* the Diaphragm, Muscles of the Breast, &c, very much straiten'd for want of a free influx of Spirits ; the Circulation of the Blood retarded ; a general Coldness perceiv'd in the extreme Parts ; and the miserable Patient in a short time either breath'd out his last,

last, or, at the best, very difficultly recover'd ! Since therefore the same Symptoms often proceed from Causes Diametrically opposite, and require as different Methods of Cure : It's morally impossible for such Persons as are unacquainted with the Difference of Constitutions, and of the Causes, Complications, Symptoms and Events of Distempers (wherein Those of the best Learning, greatest Experience, and most accurate Observation, are still professedly improving) to make a right Judgment of the proper Indications, together with the *Juvantia* & *Lædientia*, and carefully trace the Footsteps of Nature in all their Practical Endeavours ; or, in a Word, to be duely qualified for engaging in so weighty a Function : Tho' they may be never so well furnish'd with the choicest Receipts ; and, from such a stock of Confidence

as usually attends the weakest Foundations, may, perhaps, have made some lucky Advances towards Popular Applause.

XVIII. Nor is it to be question'd but that the Practice of Physick might be very happily contracted into a narrower Compass than what is vulgarly observ'd ; if all that pretend to it did more intirely consult the Patient's Safety, abstracted from those little sinister, yet too common, Allays of Private Interest. For, notwithstanding the great variety of Discoveries or Improvements in *Medicine*, either Ancient or Modern; such as are most effectual for answering its Principal Intentions, are neither very numerous, nor, for the most part, of difficult Preparation; yet infinitely preferable to the whole Pompous Train of other lesser Auxiliaries.

iliaries. And indeed, in such Cases wherein a single Prescription, or very slender Apparade of Medicines, will be as amply serviceable in all Respects, as Repetition and Variety ; To make a further show of doing something by such unnecessary augmentation, is no better than Artificial Fraud ; and will scarce admit of any tolerable Excuse, unless for Those who, being weaker in their Judgments than Constitutions, will not be satisfy'd otherwise ; but, instead of Disbanding needless Forces, choose to make new Levies for their greater Security against a Conquer'd Enemy. Not that we should prostitute so worthy a Science, and its Rational Methods, to the idle *Caprichio's* and vain Ostentation of such as would impose on the too credulous World their Titular *Panacæa's* ; whilst we know that there is no such thing

educible from the whole Treasury of Nature, tho' we ransack her three Kingdoms, *Mineral*, *Vegetable* and *Animal* : And that many Distempers are so directly opposite to each other in their Essence, immediate Causes, and Effects, that it's altogether impossible for any one Medicine to have in it a Concentration of adequate Virtues for the answering of so many contrary Intentions. Nor yet should we stoop to the sordid Partiality of Others, who are so far Bigotted to their own *Hypotheses*, that they content themselves to take up only or chiefly with one particular Branch of Practice ; and nothing will please 'em unless that may be allow'd to supersede or swallow up the rest. The late Contests about *Alkali's* and *Acids* are sufficiently known ; having made a great noise in the World. The kinds of each are numerous ;
and

and they justly claim no mean place in the Catalogue of Pharmacy : either of them being highly serviceable to the Intentions of Physick, when manag'd with due Judgment. As both are Medicines of ancient Use, and have hitherto supported their Reputation, so that neither has yet been discarded ; 'tis at least probable they will be continued to Posterity. But whosoever will so far dote upon either *Alkali's* or *Acids*, as to rest principally on their separate Aids ; or ground his general expectations of Success on one or the other exclusively ; over-looking the real and very great Detriments that manifestly occur from both, in some particular Cases to which they are very much unsuited ; may often chance deservedly to expose his own Ignorance, and make his unfortunate Patients pay dearly for his Bigotry.

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The most Rational and Successful Practice impartially calls in the assistance of One or the Other, as the several Indications require : and sometimes of both conjunctly ; either adjusted to an *Æquilibrium*, or in due Degrees of Disproportion. Such as are willing to be instructed in the most accurate Theory of *Alkali's* and *Acids*, may do well to consult the Works of the late Judicious *Ettmuller* : Tho' his happily digested System must be acknowledg'd in a great measure deducible from what the Learned *Willis* and *Sylvius* had done before. He clearly proves that the Natural Fermentation of the Blood is occasion'd by the activity of *Acid* and *Alkalifate* Salts ; influencing perpetually its Sulphureous and Seroſe Parts : The one to attenuate or loosen its *Compages* (as Dr. *Willis* also observes) accelerate its
Circu-

Circulation, and give a greater Expansion to the Spirits ; The other moderately to thicken, constringe, and retard, that they be not dissipated or spent too fast, but a laudable Symmetry and Temperature constantly preserv'd. But when either of these opposite Saline Particles are degenerated and disproportion'd, the other getting the ascendant easily subdue, alter and assimilate the Nutritious Juices ; so that the former *Idiosyncrasie*, or happy Temperament, becomes vitiated or broken, and a *Cacochymy* ensues. The same Learned *Ettmuller* reduces all the various kinds of *Cacochymy's*, or Depravations of the Juices, with all those irregular Fermentations of the Blood arising therefrom, to the prevalence of one or the other of these two opposite Causes ; and the manner of their influence on, or the alterations

alterations they produce in, those respective Fluids : Of which 'tis absolutely necessary in the first place to make a right Judgment, before we can usefully employ our Thoughts for a Remedy. But if we prescribe *Acid* Medicines in those Effervescences, or Coagulations of the Blood which proceed from the vitiated *Acid* Salts, and which ought to have been corrected by *Alkaline Absorbents* ; it's no wonder if we prove not only unprofitable but miserable Comforters : and so, *vice versa*. I forbear to enumerate those Distempers, seated, either primarily in the Spirits, Mass of Blood, *Lympha*, &c, or in the first Passages, which take their Rise from an *Acid* Cause ; as also the most proper sorts of *Alkalifate* Medicines, both Fix'd and Volatile, in each of those Affects : And, on the other hand, Those deprav'd alterations

ations and Peracute Fevers occasion'd by the Disproportion or Corruption of the Volatile *Alkalifate* Salts in the Blood, and too great accension of its Sulphureous Parts; together with the particular Kinds or Degrees of *Acids* that are most adapted to each of 'em: Partly because it would be too Practical, and carry me beyond the Design this Essay; but chiefly because 'twould be needless to any industrious and observing Physician, who will take the Pains to go through a due Course of Reading, and has a *Genius* to draw apt Conclusions from his own Remarks: And such only are fit to intermeddle with so weighty an Employment.

XIX. But, amidst these miscellaneous Cautions against a few of the many vulgar Errors and dangerous
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Exorbitances relating to Practice, I must not forget to crowd in something by way of Reflexion on another most pernicious Custom generally found among the subservient Managers of Sick Persons ; and too often conniv'd at by some of the less Thinking Practitioners in Physick : *i. e.* Depriving 'em in a great measure of the necessary Refreshments from the ambient Air. If what has been already suggested, P. I. Sect. VII. of the *Vis elastica* and Volatile Nitre of the Atmosphere being so highly requisite in those that enjoy the best State of Health, to rarify the Blood and give a due Expansion to the Spirits ; be grounded on the sure Foundation of solid Reason and undeniable Experience : How Barbarous, or at least injurious, must it needs be, wilfully to lessen those Benefits at a Time when the oppressed
Spirits

Spirits have need of more than ordinary Relaxation ! But this Killing with Kindness must not be call'd Barbarity, whilst it proceeds from a tender Concern for the Patients Safety. Such as think there can be no Excess of Care in this matter ; *viz.* in stopping up every minute Crevice, as if the neighbouring Air were Pestilential ; and further Depraving what the small Enclosure affords, both by a constant plentiful Fire and the united Breath of not a few compassionate Visitants ; might do well by some Laborious Exercise to give their Blood a swifter Circulation than usual, and then impartially observe how refreshing they can find such a Stove to themselves. Not only in settled Fevers, which cause a preternatural accension of the Blood ; but many Cases wherein the Spirits are more simply concern'd, and their
Oeconomy

Oeconomy as it were inverted, without any considerable Detriment to the Mass of Blood; the free influences of pure and undisturb'd Air are at least as necessary as other Medical Helps. And he must have been very little conversant in Matters of Physick, who has not sometimes observ'd those irregular Vibrations of the Pulse, arising from an Ataxy and inverted Motion or troublesome irritation of the Spirits, (as in Hysterick Paroxysms, Suffocations, Symptomatical Convulsions, or Fevers affecting the *Genus Nervosum*) either immediately wear off, or at least abate, upon a free Admission of the open Air. As, in respect of Health, they are generally observ'd to have the soundest Constitutions and best *Crasis* of Blood, who daily expose themselves to the most piercing Attacks of the external Air, without
any

any regard to its various Alterations; and have certainly the advantage, beyond Comparison, of such as live more recluse, whose excessive Caution will not suffer 'em to venture out of their Cells till the Heavens seem to smile, and by a pleasing Serenity offer an invitation : So in most Distempers, and especially the more Acute, (whether *Small Pox*, *Measles*, *Symptomatic Inflammatory* or *Putrid Fevers*, *Convulsions*, *Syncope's*, &c.) when the exalted *Sulphur* of the Blood triumphs over its Volatile Salts, or the stimulated Spirits, having broken their orderly Course, are lost in a Thousand *Mæanders*, and very much interrupted in their Noblest Functions; the spritely refreshing Nitre of the ambient Air is so highly advantageous, That without its concurring Benefits, 'tis no easy matter for the best Endeavours,

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taken

taken from the *Materia Medica*, to reduce 'em.

XX. And here, if it may not be thought Foreign to the Argument in Hand, I would take notice of a very Unreasonable and Ridiculous, not to say *Heathenish*, Custom, worthy of the severest Reprehension, yet too prevalent among the inferior and more ignorant sort of People; *viz.* Their over-looking the true Causes of Distempers, with their Proper and Rational Methods of Cure, by a Recourse to pretended *Charms*, *Sigills*, &c; which can be no otherwise serviceable than by the strong impress they may make upon a deprav'd imagination: and not only so, but too rashly imputing such kinds of Indisposition whose Symptoms don't readily fall within the *Modicum* of their weak Apprehensions,

ons, to *Witchcraft*, or (if I may use their softer Expression) the Power of an ill Tongue ; tho' they are never so easily solv'd by Natural Causes. Not a few are so radically tainted with this latter sort of Infatuation, that they will scarce allow any kind of Malady, unless as obvious as the Tooth-ach or a cut Finger, to escape such a Censure : whereas in the judgment of all considerate Persons, the Fascination, if any, ought to be return'd upon themselves. What a spreading Evil this has been, and how cunningly fomented by some of the most wretchedly ignorant *Medicasters*, to the utter undoing of many poor innocent Women (accidentally coming within the reach of any sham *Criterion* that has been suggested), and raising their own Fortunes from the numerous Throng of such as have scarce a competence to

answer the Necessaries of Life ; is so notorious, that it needs not be insisted on. Against the insinuations of these mask'd *Impostors*, destructive to the common Interests of Religion and Civil Society, the Wisdom of our Predecessors has made a suitable Provision, by several Statutes on that Behalf : which 'twere to be wish'd might either be duely put in Execution ; or if defective, that better might be substituted. That of 1 *Jac.* 1. strictly forbids any kind of Recourse to such Cunning Persons for intelligence about Goods lost, amorous Charms, &c ; and punishes all who shall presume to Practise that Cheating Science, if prosecuted, with a Year's imprisonment, and four times standing in the Pillory, for the first Offence ; and after a second Conviction, makes it Felony without Benefit of Clergy. Which,

Which, from Parity of Reason, ought no less to affect all those Pretenders to Counter-inchantments, whose pernicious Fame and Interest are only supported by subtil misrepresentations of Ordinary Distempers, exclusive both of Natural Causes and adequate Remedies: Since they inevitably fall under this *Dilemma*, viz. Either that the whole of their pretended Art is no better than a continu'd Cheat, craftily suited to the blind side of their unthinking Admirers; and consequently not to be suffer'd under any Government that takes care of preserving Common Property: Or else 'tis Diabolical, and utterly inconsistent with an awful regard to Divine Wisdom and Providence; and therefore no more to be countenanc'd than other *Pagan* Rites in any Nation of a Christian Establishment. I remember, among

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diverse

diverse Parallel Instances, I had once the good Fortune, by no other Inchantment than the liberal use of Dr. Harris's *Æthiops, cum dupl. 2. Fl. Sulph.* and Purging, to rescue a Boy of about 12 Years old from the most confirm'd Witchcraft imaginable (when he was within an Ace of being carried, by Parish consent, above 30 Miles, to One of the most celebrated in that Way; who would scarce have fail'd of improving the Folly to his own Advantage); and thereby a very poor ancient Woman from worse than Hanging. What gave Birth to so general a Conjecture, was the extraordinary Convulsions, Rolling, Screaming, violent Beating himself, &c. by frequent Paroxysms: all which soon disappear'd, and the Mystery was at an End, upon his voiding almost an incredible Number of Worms, of different Sizes; especially

ally those very small Ones, from their agility call'd *Ascarides*. And if we consider the acute Pain that necessarily follows an Erosion of any of those Nervous Filaments in the inner Coat of the Intestines, by such voracious *Animalcula* ; or but an Excoriation of the *Crusta Villosa* by sharp fretting Humors ; together with the admirable Sympathy and common Consent of the whole Nervous System, when any Branch thereof is very much affected ; and especially the nearness of that notable *Plexus* of Nerves in the Mesentery : 'twill not be difficult to account for any of those odd Symptoms, without taking the Liberty of such extravagant Recourse to supernatural Speculations. As there is scarce any kind of Indisposition that ordinarily occurs in Practice, more astonishing and unaccountable to the common

Crowd of Spectators, than some Degrees of those Nervous Affects which we call Hysterick : So none are more apt to stagger in such Persons the Dictates of Natural Religion, and excite those unwarrantable *Chimæra's* before mention'd. Insomuch that some of the more ignorant Patients themselves, through such repeated Suggestions and the crafty management of those cheating Oracles they consult, have been brought into a real Perswasion of the imaginary Enchantment ; and then resolutely set themselves against all proper Endeavours for their Relief : Tho' the Primary Distemper, together with its Causes and the variety of Scenes which it had usher'd in, was very easy to have been apprehended and remov'd by any skilful Physician. Particular instances of such rash Conclusions and the subsequent

sequent Impostures, in other ordinary Cases, might be also enumerated : if they did not so readily fall within the reach of common Experience and Observation ; or the mentioning of 'em might be any probable Step towards a Remedy.

XXI. The Growth and Encouragement of *Empiricism* in these Kingdoms, scarce to be parallel'd (as the Learned * Dr. *Harris* observes) in any Civiliz'd Parts of the World, is deservedly to be lamented by all who have any just Sense of Charity or Compassion to Mankind. Encouragement, did I say ? Pardon the Expression : Yet how can it admit of a softer Turn ; since 'tis so generally conniv'd at by such as are above the common Level of the unthinking Multitude, in all their respective

* *Pharmacolog.*
Anti-emp.p.317,
318.

spective Ranks and Degrees, even to the most exalted Stations : By whose united Endeavours it might, doubtless, be very happily redress'd? How natural is it for those of a less discerning Judgment to infer That there must be something of Truth in the fine Flourishes which their Eyes or Ears are exercised with ; at least there can't be the Cheat and Hazard that some would suggest: For then 'twould never be suffer'd! The End of *Medicine* is to relieve the many congenite or accidental infirmities of lapsed Humane Nature: And surely such a generous Motive ought to take place of, or at least equally share with, Private Interest in every One who by choice and application of Thought engages in the Faculty ; otherwise he will lose no small part of the Satisfaction accompanying the Success of his Endeavours.

vours. But then what shall we say of Those who under plausible Pretensions to so Useful an Art, make a Trade of Deceiving ; and stick at no Pains to impose on the too great Credulity of their Neighbours? With what an height of Impudence do they extol the fictitious Vertues of their Sham-Medicines ! In all Ages ; all Constitutions ; all Distempers ; and in all Complications of Distempers, tho' Diametrically opposite in their Nature and Causes : as if they had really out-done the great vaunting Adeptist *Paracelsus* himself ; who having gain'd an immortalizing Secret (Perhaps not inferior to Mr. *Asgill's* Faith) dropt off about the 37th Year of his Age ! Let the Disease be never so intricate, and sufficient to take up the intensest Thoughts of the most Rational Physician : Or such as plainly bids De-
fiance

fiance to all internal Remedies, *viz.* a large confirm'd Stone : Or that Friendly Depuration of the Blood from its vitiated Salts, which returns as necessarily as Grass in the Spring, and no wise Person will attempt to take off before the usual Time of its extermination by the Pores ; *i. e.* The Gout : Nothing can come amiss, or withstand the mighty Force of their wonderful *Arcana* ; but they'll warrant both a present Cure and a future Immunity. The best that can be suppos'd of 'em, is That they are insignificant Things cunningly disguis'd ; that the Benefit accruing from 'em is chiefly in trivial Cases, from the strength of the Imagination ; and that otherwise, as they are of no Efficacy to do Good, so they can do no further Hurt than to the Pocket : But if they have any kind of Altering or Evacuating Force

Force, they must needs be hurtful to many Constitutions, or in many complicated Maladies. What Corner of the City can escape their audacious Bills ; or what Part of the Country, their unwearied Noise and Non-sense, either from Stages or on Horsback, to amuse and entrap the giddy Rabble of unthinking Spectators ? And who is there that has not seen Persons, before enjoying a good measure of Health, upon taking their applauded Doses, fallen into acute Fevers, or universally swollen ; and paying dearly for their rash Tampering, at the best, by a difficult and chargeable Recovery ? Doubtless, this is none of the least Plagues that can befall a Kingdom or Common-wealth ; and tends more effectually to the dispeopling of 'em, than all the Foreign Wars that they are or can be engag'd in. When any
Person

Person comes to an untimely End, either by his own or other violent Hands, or merely by some kind of Accident, we have that laudable Custom of the *Coroner's* Inquest ; that the Loss of a Subject may not be clandestinely hush'd up : But if never so many, who were before possess'd of a good State or at least a competence of Health, are cajol'd, by the empty Flourish of a ridiculous Harrangue, or Rhodomontade of Printed Bills, into the use of any Quackish Medicines ; and thereupon evidently appear to have been no less certainly dispatch'd than if stabb'd to the Heart ; all the notice taken of it, is a few Days Wonder and Talk among the Neighbours. If any should extenuate the Matter, by urging the Cheapness of such Advice or Medicines, as a Convenience to the Poor : The Argument is of no Force, unless

unless it can be thought a Privilege to have the Chance of being kill'd for Six Pence. Yet, even in respect of Charge, the daily instances of severe Extorsions from those who have no less need of Food than Physick, when unhappily fallen into such merciless Hands, are sufficient to quash the Apology. As to Others of better Substance: Not a Few, for want of cautionary Stipulation, have soon found their Frugal Aims defeated, and suffer'd much deeper Wounds in that tenderest Part, the Pocket, than would have accru'd both from the Physician and Apothecary: and perhaps have had too much Reason to esteem that as the best Part of their Usage. 'Twere heartily to be wish'd therefore that in the best of Governments, where Civil and Religious Properties are so happily secur'd, some speedy and powerful

powerful Expedient might be found to extirpate or, at least, restrain this growing Evil, so highly destructive to its true Interest and Safety. Not that Physicians have any Reason to be more concern'd than others on a Private Account: For the connivance at such exorbitant Practice is so far from lessening, that it really encreases their Business. But, knowing that a Man can never be too well grounded in the Rational Part of Physick before he engages in the Practical; and that both ought to be esteem'd as indispensable Qualifications: it cannot but affect 'em, if they have a due Sense of Honour and Humanity, to see not a few, who have no other Foundation than Ignorance and Impudence, bubble so many Thousands out of their Money and Lives.

XXII. As the most Proper and Sovereign Remedy in this deplorable Case, 'twere happy if Those who, by Heaven's Propitious Care and Providence, sit at the Helm of our incomparable Government, would think fit to renew and enlarge the Royal Charter granted in the 10th, and confirm'd with Additions in the 14th of Hen. VIII.*; and

also further confirm'd with Enlargements 1^o Ma-

* Vid. Pulton's Statutes.

riae, to the College of Physicians: By which they are made a perpetual Corporation, invested with certain Privileges, and authoriz'd to enquire strictly into and punish all such Practitioners in Physick within the Liberties of London, as are not sufficiently Qualify'd; and all others who shall be fairly convicted of dangerous or unwarrantable Practice. But though nothing can be more highly

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reasonable,

reasonable, or better directed to a Publick Good, than this great and Princely Design: 'Tis yet capable of much further improvements, whensoever the indubitable Wisdom of our Superiors shall incline 'em to take it into their Consideration; the want whereof has hitherto render'd it in a great measure ineffectual for the answering of its excellent Ends. Thereby the late unhappy Differences between the *College* and *Apothecaries*, tending very much to the Disadvantage of both, and not a little improv'd to the encouragement of the most ignorant *Quacks*, might be amicably adjusted; the proper Business, or distinct Spheres, of those three Parts of the Healing Faculty, *Physicians*, *Apothecaries* and *Surgeons*, specify'd and limited; the Qualifications of all *Practitioners*, both in City and Country, either in respect of Learning or Skill,

Skill, strictly prov'd, and due measures taken accordingly ; all instances of ill Practice carefully redress'd and punish'd ; and where there is any appearance of just Grounds to suspect it, the Physician might be oblig'd to make Proof of every thing given or order'd for the Patient ; to be consider'd of by the *President* and Two or more of the *Censors* for the Time being. More effectual Precautions than any heretofore, might be easily taken for regulating the Press in Matters of Physick ; whereof none can be reasonably thought so proper Judges [Which were also to be earnestly wish'd both on a Civil and Religious account ; that neither the Government nor Fundamentals of our Sacred Religion might lie expos'd to the bold Attacks of every virulent Pen] : And that pernicious Custom of abusing mangling and perverting the Sense of

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such

such Worthy Learned Authors as have deny'd themselves the more immediate Pursuit of their Private Interests, by indefatigable Endeavours to serve the Faculty ; might be very happily restrain'd. For what greater injustice can be offer'd to the Memory of These, or Discouragement to Others ; tho' it be varnish'd with the Title of Translation, Abridgment, Correction, &c, and backt with Pretences of Publick Good ? To see the Three large *Tomes* of *Sennertus*, the most compleat Body of Physick in the World, crowded into a small Tract in 8^{vo} (Tho' a Task as impracticable as to put *Homer's Iliads* into a Nut-shell); or the more modern Works of the accurate and most judicious *Ettmuller*, not only contracted into the like Compass, but miserably defac'd in the Performance * ; must needs raise a just

* *Purius ex ipso Fonte libuntur Aqua.*

indignation

indignation in every generous Mind: And what Usage the immortal *Willis*, *Sydenham*, &c, have met with, needs not to be insisted on. In short; The Benefits pretended, must accrue either to Those of the Faculty or Others. If the Former; Too many by taking thence their Estimate of the Original, are not only very apt to do injury to the Author, but often cramp their own *Genius*; and instead of making the best Enquiries, sink into an habitual Laziness: Whilst the Latter, being but little conversant in such Studies, are prone to fancy the very Distempers or Symptoms they read of; and, by unnecessary Practising on themselves, to Spoil a good Constitution, or further impair an infirm one. Provision might also be made for those of the Poorer Sort to have their Share in the best Advice; by obliging every One to set apart

certain Times for their Admittance, and to visit 'em likewise on the more urgent Occasions : From which the greatest Physician in the World can neither reasonably plead, nor honourably endeavour, an Exemption. For, if These, by the great Clemency of our *Legislators*, are permitted to sue *gratis*, in Defence or for the Recovery of their common Right, in all Courts of Justice ; it seems highly reasonable that in Point of Life, which is of far greater Concern, they should be equally privileg'd. 'Tis not to be doubted but that if the Business of *Physick* were once brought to this Regularity, a great deal of rash Practice would be prevented, and Thousands of Lives sav'd. Not only the numerous *Quacks*, lurking in every Corner of the City and Country, would be deter'd from doing their wonted Mischiefs ; but such as are
too

too apt to allow themselves the Liberty of the Bottle, tho' their Qualifications be otherwise beyond Exception, would be very cautious of Prescribing for their Patients at any Time whilst their Thoughts are cloudy, and unfit to judge of the Indications; because a greater Mischief might follow than barely to shake their Heads at the next Morning's Review. Also the less Qualify'd *Practitioners* would be more generally cautious of acting alone through all the most advantageous Seasons of such Distempers as are either Essentially or accidentally Dangerous; and readily call in further Advice, whilst there's Room to be truly serviceable: instead of deferring it (as hath been too commonly observ'd) till the very Close of the Melancholy Scene, when it can be no further useful than for a Blind, the better to palliate

liate their own Neglects or Mismanagement.

Thus to restore *Physick* to its proper Dignity and Reputation, by redressing the many Abuses that have so unhappily crept into it, would not a little tend to the general Encouragement of Learning ; and especially of that particular Study, so highly useful and necessary for the common welfare Mankind : from which many have been diverted by the boundless Growth and Progress of *Empiricism*. 'Twould also animate Those who have already enter'd the Lists, to search farther, with an augmented Diligence, into the rich Storehouse of Nature, for the Discovery of more certain and accomplish'd Medicines than the most of what have been handed down to us from former Times, or produc'd in our own. For which Discoveries,
having

having first undergone the reasonable Test and Approbation of the *College*, either Provision might be made for a suitable Gratuity to the Explorer, if the *Arcanum* be order'd to be divulg'd for universal Benefit; or else the said *President* and *Censors* oblig'd to Secrecy, that the Author be not hindred from making any honest advantages thereby. But since 'tis natural, or at least common, for most Men to be very fond of their own *Hypotheses*, and too partial in examining what they so much value themselves for the Discovery of; it's scarce reasonable that any thing of this nature should be obtruded on the World upon their single Authority, or without passing through such kind of Test as before-hinted. Beside what has already been or might further be urg'd from the Publick Safety (tho' nothing can be more cogent) the necessary

cessary Rules of Order and Decency observ'd in all Regular Societies, require that there should be a Supreme Jurisdiction upheld in Matters of *Physick*, to punish Offences and redress Grievances ; as well as in *Theology, Law, Equity, or Civil Government* : And the rather because it must be acknowledg'd That the common Interests of all These are inseparably connected.



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